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WURLD WHEAT IN FOODS OF MANY LANDS

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Several years ago the U. S. Department of Agriculture and industrial and growers' groups initiated research and development aimed at wider use of bulgur, both domestically and abroad. The investigations supplied information on keeping quality and nutritive values, on a process for canning bulgur either precooked or packed uncooked with water and seasonings, on a process for puffing bulgur grains and pressing them into seasoned wafers for snack foods, and on a continuous process for manufacture of dry bulgur.

The Food for Peace Organization has been responsible for introducing bulgur to many countries in need of food. Bulgur intended for distribution overseas is often made from hard red winter wheats that are widely grown in this country. In general it has been well received, but in certain areas acceptance has been limited because of its dark color and bran content.

The bulgur process precooks whole grain wheat, then dries, partly debrans and cracks it. The WURLD wheat process goes one step farther -- it wet peels all the bran from the kernel during processing. This step considerably lightens the color and the end product has a slightly golden tint and a crystalline transparency. It cooks in 10 to 15 minutes. During cooking the golden tint diminishes to a creamy white color, and the flavor becomes more bland than that of bulgur, thus increasing its appeal to traditional rice eaters.

The assistance of Gayle Hongell in the development of these recipes is acknowledged. These recipes were developed and this report was produced in the Western Regional Research Laboratory of the U. S. Department of Agriculture in Berkeley, California. This laboratory is headquarters of the Western Marketing and Nutrition Research Division of the Department's Agricultural Research Service.

Copies are available on request. Address:

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TABLE OF CONTENTS

SOUPS

Armenian Tanabour--Madzoon Soup . . . 4
Beef-Vegetable Soup with WURLD Wheat . 4
Boston Fish Chowder with WURLD Wheat . 5
Chinese Chicken Soup with WURLD Wheat Pork Balls 5
Chinese Chicken Wing Soup with WURLD Wheat 6
Chinese Wintermelon Soup with WURLD Wheat 6
Creole Chicken Gumbo with WURLD Wheat . 7
Creole Crab Gumbo with WURLD Wheat . . 7
Creole Shrimp Gumbo with WURLD Wheat . 7
Filipino Chicken WURLD Wheat Soup . . 8
Filipino Fish-Tullia Chowder with WURLD Wheat 8
Filipino Shellfish and WURLD Wheat . . 9
Filipino WURLD Wheat and Young Corn Soup 9
Filipino WURLD Wheat Caldo with Chicken 10
Filipino WURLD Wheat Potato Soup . . . 10
Indonesian Curry Soup 11
Italian Minestrone Soup with WURLD Wheat 12
Italian Short-Cut WURLD Wheat Vegetable Soup 12
Mediterranean Targhana Soup 13
Oriental Fish Soup with WURLD Wheat . . 13
Oriental Shrimp-Vegetable Soup with WURLD Wheat 14
Scotch Broth with WURLD Wheat 14

ENTRÉES

Armenian Kheemah -- Raw Meat Platter . 15
Baked WURLD Wheat and Liver Loaf . . . 15
Baked WURLD Wheat with Cheese 16
Bedeviled Eggs with WURLD Wheat . . . 16
Beef Stew with WURLD Wheat Dumplings . 17
Cantonese Chicken with Taiwan Pilaf . . 17
Chicken Cacciatora with Parmesan Pilaf . 18
Chicken Divan with Pilaf 19
Chinese Chicken Congee 19
Chinese Fried Shrimp and WURLD Wheat Balls 20
Chinese Noodle WURLD Wheat Soong . . . 20
Chinese Pork and WURLD Wheat Dish . . 21
Chinese Sausage WURLD Wheat Dish . . . 21
Chinese Vegetable Chow with Pork and WURLD Wheat 22
Codfish WURLD Wheat Patties 22
Dried Beef Amandine with WURLD Wheat . 23
Duck Bigarade with Pilaf à l´Orange . . 23
Filipino Cabbage Rolls - WURLD Wheat Stuffing 24
Filipino Chicken and Pork Adobo with WURLD Wheat Coconut Pilaf 24

ENTRÉES (continued)

Filipino Fish 'N' WURLD Wheat Pilaf . . . 25
Filipino Menestra con WURLD Wheat 25
Filipino Paella with WURLD Wheat 26
Filipino WURLD Wheat Fish Croquettes . . . 26
Filipino WURLD Wheat Fish Lumpia 27
Filipino WURLD Wheat with Eggplant and Tomato 27
Filipino WURLD Wheat Stuffed Eggplant . . 28
Fish and WURLD Wheat au Gratin 28
Fish and WURLD Wheat Creole 29
Fish and WURLD Wheat Florentine 29
Fresh Salmon Pilaf 29
Gallina con Naranjas 30
Greek Lemon Marinated Chicken 30
Hawaiian WURLD Wheat Patties 31
India Chicken Curry Pilaf 31
India Curried Lamb Pilaf 32
Italian Eggplant and WURLD Wheat Casserole . 32
Italian Veal Parmigiana with WURLD Wheat . 33
Javanese Lamb Roast 34
Luncheon Meat and WURLD Wheat Fondue . . . 34
Mediterranean Harpoot Kufta -- Stuffed Meat Balls 35
Mediterranean Kabourga -- Stuffed Rack of Lamb 36
Mexican WURLD Wheat Chili 36
New Orleans WURLD Wheat Jambalaya 37
Norwegian Fish and WURLD Wheat Pudding . . 37
Oriental Braised Pork with WURLD Wheat . . 38
Oriental Chicken and WURLD Wheat Patties . 38
Oriental Chicken Congee 39
Oriental Fried Shrimp and WURLD Wheat Balls 39
Oriental Stewed Meat and WURLD Wheat Balls with Chinese Cabbage 40
Oriental Stuffed Mushrooms 40
Pork Chop Suey with Taiwan Pilaf 41
Roka WURLD Wheat Burgers 42
Scalloped WURLD Wheat with Wieners . . . 42
Scotch Haggis with WURLD Wheat 43
Shrimp and WURLD Wheat St. Jacques . . . 43
Stuffed Bean Curd Rolls 44
Stuffed Chinese Cabbage 44
Tahitian Chicken 45
Tuna and WURLD Wheat Scallop 45
Turkey á la King with WURLD Wheat Biscuits . 46
Turkey and WURLD Wheat Scallop 46
Turkey Suprême with Pilaf Amandine . . . 47
Uien Met Aardappelen, WURLD Wheat en Verse Worst -- Dutch Stew 48
Veal Birds with WURLD Wheat Stuffing . . . 48
Veal Sauterne with WURLD Wheat Dumplings . 49
Viennese Chicken Dinner 50
WURLD Wheat and Kidney Bean Soul Dish . . 51

ENTRÉES (continued)

WURLD Wheat and Vegetable Soul Dish . 51
WURLD Wheat Chicken Patties 52
WURLD Wheat Meat Loaf 52
WURLD Wheat Patties 53
WURLD Wheat Pizza 54
WURLD Wheat Salmon Loaf 55
WURLD Wheat Stuffed Peppers 55
WURLD Wheat Swedish Cabbage Rolls . . 56
WURLD Wheat Swedish Meat Balls . . . 57
WURLD Wheat Tamale Pie 57
WURLD Wheat Turkey Hash 58
WURLD Wheat with Italian Meat Sauce . 58

STUFFINGS

Apple-Prune Stuffing (For Duck or Goose) 60
Apricot-Pineapple Stuffing (For Duck or Goose) 60
Chestnut Stuffing 60
Mediterranean Pine Nut-Currant and WURLD Wheat Stuffing 59
Norwegian Raisin-Nut Stuffing . . . 60
Pilaf Stuffing for Poultry, Meat, or Game 60
Stuffing for Chinese Mantou and Dumpling 59
WURLD Wheat Stuffing for Poultry, Meat or Game 60

ACCOMPANIMENTS

Armenian Pilaf 61
Boston Baked WURLD Wheat 61
Chinese Fried WURLD Wheat 62
Coconut Pilaf 62
Coconut Raisin Pilaf 63
Filipino WURLD Wheat-Pancit Pilaf . . 63
Fried WURLD Wheat 66
Grape Pilaf 64
Indonesian Yellow WURLD Wheat . . . 63
Parmesan Pilaf 64
Pilaf Amandine 66
Pilaf - Beef Flavored 64
Pilaf - Chicken Flavored 64
Pilaf - Fines Herbes 64
Pilaf à l'Orange 65
Pilaf Romanoff 67
Pineapple Raisin Pilaf 63
Pink Pilaf 65
Quickie Pilafs 67
Raisin Pilaf 65
Spanish Pilaf 68
Taiwan Pilaf 65
WURLD Wheat à la Filipino 68
WURLD Wheat Dumplings 69
WURLD Wheat Suprême au Gratin . . . 69

SALADS

Armenian Tabulee -- Aroymeda -- Salad with WURLD Wheat 70
Filipino Pink WURLD Wheat Salad 70
Filipino WURLD Wheat Mixed Salad 71
Filipino WURLD Wheat String Bean Salad . . 71
Greek WURLD Wheat Stuffed Tomato Salad . . 72
Hot WURLD Wheat Salad with Wieners 72
WURLD Wheat Carrot-Pineapple Salad 73
WURLD Wheat Carrot-Raisin Salad 73
WURLD Wheat Chef's Salad 73
WURLD Wheat Cole Slaw 74
WURLD Wheat Dutch Cucumber Salad 74
WURLD Wheat Salad 75
WURLD Wheat Tossed Salad with Celebrity Salad Dressing 75
WURLD Wheat Tuna Salad 76

WURLD WHEAT BAKED FOODS

Baking Powder WURLD Wheat Shortcake . . . 77
Banana WURLD Wheat Cake 77
Blueberry WURLD Wheat Muffins 80
Chinese Mantou with WURLD Wheat 78
Date-Nut WURLD Wheat Muffins 80
Nutty WURLD Wheat Muffins 80
Raisin WURLD Wheat Muffins 80
Spicy Apple WURLD Wheat Muffins 80
White Bread with WURLD Wheat 78
WURLD Wheat Baking Powder Biscuits 79
WURLD Wheat Muffins 79

DESSERTS

Almond Flavored Congee 86
Apricot Cobbler with WURLD Wheat Shortcake . 82
Baked Banana WURLD Wheat Custard 81
Blueberry Cobbler with WURLD Wheat Shortcake 82
Boysenberry Cobbler with WURLD Wheat Shortcake 82
Butterscotch WURLD Wheat Bavarian 81
Cherry Cobbler with WURLD Wheat Shortcake . 82
Chocolate WURLD Wheat Bavarian 83
Filipino WURLD Wheat Banana-Coconut Pudding 83
Filipino WURLD Wheat Chocolate Champurado . 84
Filipino WURLD Wheat Ginatan with Mongo . . 84
Nutty Apple and WURLD Wheat Betty 85
Old-Fashioned WURLD Wheat Raisin Pudding . . 85
Oriental Chocolate WURLD Wheat Congee . . . 86
Peach Cobbler with WURLD Wheat Shortcake . . 82
Peanut Butter and WURLD Wheat Dessert Base . 86
Peanut Butter WURLD Wheat Bavarian 87
Pineapple Cobbler with WURLD Wheat Shortcake 82
Pineapple WURLD Wheat Bavarian 87

Steamed Spicy WURLD Wheat Raisin Pudding 88
Steamed WURLD Wheat Chocolate Pudding . 89
Steamed WURLD Wheat Fruit Pudding . . . 89
Vetegrot--Norwegian WURLD Wheat Pudding . 90
WURLD Wheat Apricot Custard 91
WURLD Wheat Apricot Delight 90
WURLD Wheat Blueberry Custard 91
WURLD Wheat Boysenberry Custard . . . 91
WURLD Wheat Cherry Custard 91
WURLD Wheat Dark Fruit Cake 92
WURLD Wheat Indian Pudding 93
WURLD Wheat Light Fruit Cake 93
WURLD Wheat Parfait 94
WURLD Wheat Peach Custard 91
WURLD Wheat Pineapple Custard 91
WURLD Wheat Plum Pudding 94

SAUCES

Allemande Sauce 95
Au Gratin Sauce 95
Béchamel Sauce 95
Brown Sugar Glaze 96
Celebrity Salad Dressing 96
Cinnamon Sauce 96
Creole Sauce 96
Egg Sauce 97
Eggnog Sauce 97
Filipino Calamansi Sauce 97
Filipino Tomato Sauce 98
Hard Sauce 98
Mock Tartar Sauce 98
Nutmeg Sauce 99
Sour Cream Sauce 99
Tangy Cheese Sauce 99

GLOSSARY

bok choy - White mustard cabbage.

calamansi - Small lemon native to Philippines; green in color; flavor comparable to lemon with a touch of lime.

carajay - A round-bottom cooking pot similar to Chinese wok. The rounded-bottom and sides facilitate stirring when cooking over a hot charcoal brasier which is used in many Filipino homes.

daun djeruk purut - Porcupine orange leaf native to Indonesia.

daun salam - Dried laurel leaves.

kermiri nuts - Native to Indonesia, also known as candlenut; slightly bitter flavor. Included in many native recipes as a condiment.

kinchay - Chinese celery.

*lumpia wrappers - Paper thin pancake type wrappers.

nangka - Jack fruit; native to Philippines.

pancit Canton - Dried noodles.

patis - A sauce prepared from salted and fermented shrimp. Very popular in Philippines.

santen - Coconut milk.

sereh - An Indonesian spice; the only English equivalent is lemon grass.

sincamas - Yam bean native to Philippines, comparable in appearance to our white turnip but of more delicate flavor and crisp texture. Often eaten raw.

toyo - Soy sauce.

trassie - Shrimp paste commonly used as seasoning in Indonesian cooking.

tullia - Small clams native to Philippines.

vetsin - Monosodium glutamate.

*Mix 3/4 cup sifted flour, 1 egg yolk, pinch of salt, enough water to make a stiff dough. Knead until smooth and elastic; let rest 20 minutes. Roll dough as thin as possible into 3 inch squares. Many lower income Filipine families do not use forks or spoons. Food which is chopped or ground and cannot be handled with fingers is often wrapped before cooking in lumpia wrappers to facilitate transfer from plate to mouth.

WURLD WHEAT IN FOODS OF MANY LANDS

BY MARJORIE HEID*

WURLD wheat is a modified form of bulgur, the ancient wheat food that for centuries has been the "daily bread" of the Near and Middle Eastern countries. The term WURLD comes from the initials of the laboratory where the product was developed -- Western Utilization Research Laboratory -- with the "D" added to suggest worldwide adaptation to the traditional eating patterns of countries where wheat foods have formerly been unknown.

WURLD wheat and bulgur can be used interchangeably in many recipes. The density of WURLD wheat is slightly lower than that of bulgur; whereas one cup of cracked bulgur weighs 170 grams, it takes 1-1/8 cups of cracked WURLD wheat to equal that weight. Therefore when a dry fluffy end product is desired, the ratio of WURLD wheat to liquid and the cooking time require a slight modification.

Previous directions for cooking bulgur were to bring cold water and bulgur to a boil and then reduce heat to a slow simmer until all water is absorbed (20 to 25 minutes). Because this method requires the cook's close attention, it happens sometimes that the cooked product continues to be exposed to direct heat after the water has been absorbed, the result being a scorched product or even a burnt offering. The following instructions produce a completely cooked WURLD wheat or bulgur and a fluffy end product by terminating cooking just short of complete absorption of all cooking liquid and letting the covered product stand in a warm place. The remaining liquid is then absorbed, and the cooked kernels swell, fluff, and remain separated.

DIRECTIONS FOR COOKING WURLD WHEAT AND BULGUR

	WURLD Wheat	Bulgur
Combine in a saucepan:	1-1/8 cups WURLD wheat (1 cup plus 2 tablespoons)	1 cup bulgur
	2 cups cold water	2 cups cold water
	1/4 teaspoon salt	1/4 teaspoon salt
Bring to boil over moderate heat (about 5 minutes).		
Reduce heat; cover.		
Cook at slow simmer for:	10 minutes	15 minutes
Stir in:	1 tablespoon butter or margarine	1 tablespoon butter or margarine
Cover, turn off heat, and let stand 15 minutes to fluff.		Adjust salt to taste.
(Makes 2-1/2 cups WURLD wheat or 2 cups bulgur.)		

*Food technologist, Western Regional Research Laboratory, Agricultural Research Service, Berkeley, California.

DIRECTIONS FOR SOAKING WURLD WHEAT AND BULGUR

	WURLD Wheat	Bulgur
Combine:	1-1/8 cups WURLD wheat (1 cup plus 2 tablespoons)	1 cup bulgur
	1-1/2 cups cold water	1-1/2 cups cold water

Cover and let stand several hours, or until all water has been absorbed. Stir occasionally to hydrate uniformly. Soaked WURLD wheat may be used in place of cooked WURLD wheat in a recipe if directions call for further cooking after the inclusion of the wheat as in many casserole-type dishes.

COMPARISON OF NUTRIENTS IN WHOLE WHEAT KERNEL, WURLD WHEAT AND BULGUR

	Wheat	WURLD Wheat	Bulgur
	mg./100 g., moisture-free basis (average values from 4 samples)		
Phosphorus	440.0	400.0	430.0
Calcium	67.0	42.0	78.0
Iron	2.8	3.9	2.9
Copper	0.6	0.6	0.6
Thiamine	0.38	0.22	0.35
Riboflavin	0.099	0.055	0.085
Niacin	6.48	5.67	6.40
Choline	235.0	217.0	239.0
Folic acid	0.068	0.035	0.049
Pantothenic acid	1.02	0.68	0.77
Protein Efficiency Ratio	1.17	1.02	1.15

Four samples of hard winter wheat were chosen to cover a range of protein content from 10 to 12 percent (14-percent moisture basis), and WURLD wheat and bulgur were prepared from portions of each.

Phosphorus and copper content remain substantially unchanged during processing of wheat to WURLD wheat or to bulgur. The changes observed in the vitamin content result from several factors operating simultaneously during processing: varying amounts of bran (including aleurone) and germ which are removed in processing tend to contain higher levels of vitamins than does the central kernel; various vitamins have different stabilities to heat; there are variations in the leaching losses and in the translocation of vitamins and minerals from the bran tissues into the endosperm during processing.

(Data taken from Shepherd, A. D., Ferrel, R. E., Bellard, Nancy, Pence, J. W., Cereal Science Today 10 (11): 590-92, December 1965).

Dry WURLD wheat and dry bulgur keep well. Both retain some of the germ of the wheat kernel that contains more oil than other parts and will develop a rancid odor if tightly packaged and stored in a warm location. A porous container and a cool storage location are recommended.

EQUIVALENTS

1 teaspoon	=	5 cubic centimeters
1 tablespoon	=	3 teaspoons; 15 cubic centimeters
1 cup	=	16 tablespoons
	=	8 fluid ounces
	=	236.5 cubic centimeters
	=	0.5 pint
1 pint (U.S. liquid)	=	2 cups
	=	32 tablespoons
	=	16 fluid ounces
	=	473 milliliters
1 fluid ounce	=	2 tablespoons or 29.6 milliliters
1 quart (U.S. liquid)	=	32 fluid ounces
	=	4 cups
	=	2 pints
	=	64 tablespoons
	=	946 milliliters
1 gallon (U.S. liquid)	=	3,785 milliliters
	=	3.8 liters
	=	4 quarts
	=	8 pints
	=	16 cups
	=	128 fluid ounces
1 ounce (avoirdupois)	=	28.35 grams
1 pound (avoirdupois)	=	453.6 grams
	=	.454 kilograms
1 gram	=	.035 ounces (avoirdupois)
	=	.002 pounds
1 kilogram	=	2.2 pounds
*ganta	=	2.7 U.S. quarts
	=	3.0 liters

*In Filipino market places rice is sold by measure rather than by weight. The ganta is the measure in common use.

SOUPS

ARMENIAN TANABOUR - MADZOON SOUP

	6 servings	*Ingredients*	*25 servings*
Heat in saucepan:	1 tablespoon	butter or margarine	1/4 cup
Add:	1/4 cup	chopped onion	1 cup
Simmer over low heat until onions are straw color			
Add:	4 cups	chicken stock	4 quarts
	2/3 cup	*WURLD wheat	2 cups
Simmer 25 minutes.			
Beat together:	1-1/2 cups	madzoon (yogurt)	1-1/2 quarts
	1	egg	4
Stir into soup. Keep below boiling temperature.			
Add:	2 tablespoons	minced parsley	1/2 cup
	3/4 teaspoon	salt	1 tablespoon
	1/8 teaspoon	white pepper	1/2 teaspoon
	1/2 teaspoon	finely chopped mint	2 teaspoons

Serve at once for a hot soup. For a refreshing hot weather soup, chill in refrigerator and serve cold. If a thinner soup is desired, add more chicken stock.

BEEF-VEGETABLE SOUP WITH WURLD WHEAT

	6-8 servings	*Ingredients*	*25-30 servings*
Simmer together about 2 hours:	2-1/2 quarts	water	2-1/2 gallons
	1-1/2 pounds	beef neck	5 pounds
	1 to 2 pounds	beef knuckle bones	4 to 5 pounds
Remove meat and bones and skim off all fat.			
Add:	1 cup	*WURLD wheat	1 quart
	1 cup	diced or shredded carrots	1 quart
	1/2 cup	chopped onions or leeks	1 pint
	1 cup	sliced celery	1 quart
	1/4 cup	snipped parsley	1 cup
	2 to 3 teaspoons	salt	2 to 4 tablespoons
	1/4 teaspoon	pepper	1 teaspoon
	1/8 teaspoon	powdered cloves	1/2 teaspoon
	1/2 teaspoon	fines herbes	2 teaspoons
Cover and continue cooking until vegetables are tender, 15 to 20 minutes. Remove meat from bones, dice and return to soup mixture.			
Stir in:	1 can (10-1/2 ounces)	condensed cream of mushroom or tomato soup	4 cans (10-1/2 ounces each)

Heat to boiling.

*Bulgur may be substituted for the WURLD wheat.

BOSTON FISH CHOWDER WITH WURLD WHEAT

	6-8 servings	*Ingredients*	*25-30 servings*
Heat in saucepan:	3 tablespoons	butter	3/4 cup
Add:	1/2 cup	chopped onion	2 cups
	1/2 cup	chopped celery	2 cups
Simmer over low heat until onions are straw color.			
Add:	2-1/2 cups	water	2-1/2 quarts
	1/2 cup	diced carrots	2 cups
	1/2 cup	frozen peas	2 cups
	1-1/2 pounds	fish fillets, diced	6 pounds
	2/3 cup	*WURLD wheat	2-2/3 cups
Cover and cook for 15 minutes.			
Add:	1 quart	milk	1 gallon
	1 tablespoon	butter	1/4 cup
	1-1/2 teaspoons	salt	2 tablespoon
	1/8 teaspoon	pepper	1/2 teaspoon

Heat slowly to just below boiling. Stir several times while heating.

*Bulgur may be substituted for the WURLD wheat.

CHINESE CHICKEN SOUP WITH WURLD WHEAT PORK BALLS

	6 servings	*Ingredients*	*25 servings*
Combine:	6 cups	chicken broth	6 quarts
	1 pound	shredded Chinese cabbage	4 pounds
Boil for 10 minutes.			
Add:	2 teaspoons	salt	2-1/2 tablespoons
Soak:	2 ounces	vermicelli	8 ounces
Blend:	1/4 pound	minced pork	1 pound
	2/3 cup	*cooked WURLD wheat	2-2/3 cups
	2 tablespoons	minced leek	1/4 cup
	1/2 teaspoon	minced ginger	2 teaspoons
	1 teaspoon	wine	1-1/2 tablespoons
	1	egg white	4
	1/4 teaspoon	salt	1 teaspoon
	2 teaspoons	corn starch	2-1/2 tablespoons
	2 teaspoons	water	2-1/2 tablespoons

Form into balls...1 tablespoon per ball. Add soaked vermicelli to stock mixture. Carefully add WURLD wheat balls. Cover and simmer for 15 minutes.

*Cooked bulgur may be substituted for the cooked WURLD wheat. Cooking directions, page 1.

CHINESE CHICKEN WING SOUP WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Combine:	6	chicken wings	25
	6 cups	water	6-1/2 quarts
Simmer for 30 minutes.			
Add:	2	dried black mushrooms, soaked and cut into strips	8
	1/2 cup	minced onion	2 cups
	1-1/2 teaspoons	salt	2 tablespoons
	1 teaspoon	minced ginger	4 teaspoons
	1/2 cup	*WURLD wheat	2 cups
Simmer for 25 to 30 minutes.			

CHINESE WINTER MELON SOUP WITH WURLD WHEAT

	6-8 servings	*Ingredients*	*25-30 servings*
Cut off top of 1 large white gourd winter melon; notch edge. Place in pot; cover with cold water. Bring to boil. Remove from water; stand upright in bowl.			
Combine in melon:	6 cups	chicken stock	6 quarts
	1/2 cup	minced water chestnuts	2 cups
	1/2 cup	minced bamboo shoot	2 cups
	2	dried mushrooms, soaked and diced	8
	1 cup	minced chicken	1 quart
	1	stalk leek, minced	4
	2	thin slices ginger	8
	2/3 cup	*WURLD wheat	2-2/3 cups
Steam melon for 2 hours.			
Add:	1/2 cup	cooked peas	2 cups

*Bulgur may be substituted for the WURLD wheat.

CREOLE CRAB GUMBO WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Heat in saucepan:	3 tablespoons	butter or margarine	3/4 cup
Add:	1/4 cup	diced green bell pepper	1-1/4 cups
	1/4 cup	chopped onion	1-1/4 cups
Simmer over low heat until onions are straw color.			
Add:	2/3 cup	*WURLD wheat	2-2/3 cups
	1-1/2 cups	sliced okra	1-1/2 quarts
	1-1/2 quarts	chicken stock	1-1/2 gallons
	1 can (1 pound)	tomatoes	4 cans (1 pound each)
	2 tablespoons	chopped parsley	1/2 cup
	1-1/2 teaspoon	salt	2 tablespoons
	1/2 teaspoon	pepper	2 teaspoons
	1/8 teaspoon	fines herbes	1/2 teaspoon
	few grains	cayenne pepper	1/8 teaspoon
Simmer gently about 15 minutes.			
Add:	1 to 2 cups	crab meat, fresh-cooked or canned	1 to 2 quarts
Continue to simmer about 5 minutes.			

Variations

CREOLE CHICKEN GUMBO WITH WURLD WHEAT

Use Creole Crab recipe but substitute diced cooked chicken for crab.

CREOLE SHRIMP GUMBO WITH WURLD WHEAT

Use Creole Crab recipe but substitute cooked, peeled, and cleaned shrimp for crab.

*Bulgur may be substituted for the WURLD wheat.

FILIPINO CHICKEN WURLD WHEAT SOUP

	6 servings	*Ingredients*	*25 servings*
Combine:	1/2	small chicken	2
	7 cups	water	7 quarts
Simmer until the chicken is done. Remove the flesh from the bones, and dice. Save the broth.			
Heat:	3 tablespoons	cooking oil or butter oil	3/4 cup
Add:	2 segments	garlic, crushed	2 tablespoons
	3/4 cup	chopped onion	3 cups
Sauté until the onions are straw color.			
Add:	1 cup	*WURLD wheat	4 cups
	7 cups	chicken broth	7 quarts (28 cups)
Simmer 15 minutes, stirring frequently.			
Add:	1/4 cup	diced carrots	1 cup
	1 cup	shredded cabbage	4 cups
	1 cup	chopped green bell pepper	4 cups
	2 teaspoons	salt	2-1/2 tablespoons
	1/2 teaspoon	vetsin	2 teaspoons
		diced chicken	
Simmer 10 minutes. Serve hot.			

FILIPINO FISH-TULLIA CHOWDER WITH WURLD WHEAT SOUP

	6 servings	*Ingredients*	*25 servings*
Heat:	3 tablespoons	butter oil or cooking oil	1/2 cup
Add:	1/2 teaspoon	garlic, crushed	1-1/2 teaspoon
Sauté until garlic is lightly browned.			
Add:	1/2 cup	chopped onion	1-1/4 cups
	1/2 cup	chopped celery	1-1/4 cups
Sauté until onion is straw color.			
Add:	1/4 kilo	fish, boned and skinned	1-1/4 kilo
	130 grams	tullia, removed from shells	1/2 kilo
	2-1/2 cups	water	6-1/2 cups
	1-1/2 teaspoons	salt	2 tablespoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/2 cup	*WURLD wheat	2 cups
	1/2 cup	green beans, 1/4 inch pieces	2 cups
	1/2 cup	sliced carrots	2 cups
Cover, bring to a boil; reduce heat and simmer 15 minutes.			
Blend:	3/4 cup	nonfat dry milk	2 cups
	3 cups	water	2-1/2 quarts
Add to soup; heat.			

*Bulgur may be substituted for the WURLD wheat.

FILIPINO SHELLFISH AND WURLD WHEAT SOUP

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	cooking oil or butter oil	1/3 cup
Add:	1-1/2 teaspoon	garlic, crushed	2 tablespoons
Sauté until garlic is browned.			
Add:	1/2 cup	chopped onions	2 cups
Sauté until onion is straw color.			
Add:	1 tablespoon	green onions, finely chopped	4 tablespoons
	1/2 cup	clams, removed from shells	2 cups
	1/4 cup	shrimp, peeled, cleaned and sliced	1 cup
	1-1/2 quarts (6 cups	water	6 quarts (24 cups)
	1 cup	*WURLD wheat	4 cups
	1 teaspoon	patis	4 teaspoons
	1 teaspoon	vetsin	4 teaspoons
	1/4 teaspoon	pepper	3/4 teaspoon
Cover, bring to boil; reduce heat and simmer 15 minutes.			
Add:	2	hard-cooked eggs, diced	8

FILIPINO WURLD WHEAT AND YOUNG CORN SOUP

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	oil	1/2 cup
Add:	2 segments	garlic, minced	8 segments
Sauté until garlic is golden brown.			
Mix and add:	1/2 cup	non-fat dry milk	2 cups
	2 cups	water	2 quarts (8 cups)
Add:	1 cup	*WURLD wheat	1 quart (4 cups)
	2 cups	shredded corn	2 quarts (8 cups)
	5 cups	chicken broth	5 quarts (20 cups)
	2 teaspoons	salt	2-1/2 tablespoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/4 cup	green bell pepper, chopped	1 cup
Bring to a boil; cover and simmer for 25 minutes.			

*Bulgur may be substituted for the WURLD wheat.

FILIPINO WURLD WHEAT CALDO WITH CHICKEN

	6-8 servings	*Ingredients*	*25-30 servings*
Heat:	2 tablespoons	cooking oil or butter oil	1/2 cup
Add:	1 inch cube	raw ginger, peeled and thinly sliced	3 1-inch cubes
	2 segments	garlic, crushed	8 segments
	1/3 cup	chopped onion	1-1/2 cups
Sauté until onion is straw color.			
Add:	3/4 kilo	chicken, cut-up	1-1/2 kilo
	2 tablespoons	toyo	1/2 cup
Simmer 10 minutes.			
Add:	3/4 cup	*WURLD wheat	3 cups
	4-1/2 cups	water	4-1/2 quarts (18 cups)
	1 teaspoon	salt	1 tablespoon
Bring to a boil, and simmer for 30 minutes, or until chicken is tender.			
Add:	2 stalks	chopped green onion	6 stalks

FILIPINO WURLD WHEAT POTATO SOUP

	6 servings	*Ingredients*	*25 servings*
Combine:	2/3 cup	*WURLD wheat	2-2/3 cups
	3 cups	peeled, diced potatoes	2-1/2 quarts (10 cups)
	1 cup	chopped onion	1 quart (4 cups)
	2 segments	garlic, crushed	8 segments
	1/4 cup	dried shrimp	1 cup
	2 teaspoons	salt	3 tablespoons
	1/4 teaspoon	pepper	1 teaspoon
	3 cups	water	2-1/2 quarts (10 cups)
Cover and bring to a boil; reduce heat and simmer for 25 to 30 minutes.			
Blend:	1/2	non-fat dried milk	1-1/2 cups
	2 cups	water	1-1/2 quarts (6 cups)
Stir into WURLD wheat mixture; heat.			

*Bulgur may be substituted for the WURLD wheat.

INDONESIAN CURRY SOUP

	6 servings	*Ingredients*	*25 servings*
Cook and simmer until tender:	4 ounces	beef	1 pound
	3 cups	water	3 quarts
Heat:	3 to 4 tablespoons	salad oil	3/4 cup
Add:	2 to 3 teaspoons	curry powder	3 tablespoons
	4	kemiri nuts, chopped	16
	1 thin slice	trassie	4 thin slices
	1/4 cup	chopped onion	1 cup
Fry until onions are straw color.			
Add:	a small strand	sereh	4 strands
	2	small daun djeruk purut	8
	2	daun salam	8
Continue to fry for several minutes.			
Combine:	1-1/4 pounds	mixed vegetables, sliced or diced (green beans, carrots, cabbage)	5 pounds
	2	large potatoes, peeled and diced	8
		water to cover	
Bring to boil. Add the cooked beef (diced), the beef broth and the fried spice mixture. Cook until vegetables are almost tender, then			
Add:	1/2 cup	*WURLD wheat	2 cups
	1 pint	**santen (coconut milk)	2 quarts
Simmer until vegetables and WURLD wheat are tender, about 15 minutes. Stir frequently.			
Add:		Salt to taste	

*Bulgur may be substituted for the WURLD wheat.

**Coconut milk - Is marketed in frozen form, especially in markets featuring Oriental and Polynesian foods.

To prepare at home:

Thick Coconut Milk - Grate meat of 1 fresh coconut, combine with 1 cup boiling water and let stand at least 1/2 hour or until cool. Strain through several thicknesses of cheese cloth.

Thin Coconut Milk - After straining off the thick coconut milk add 2 cups boiling water to the grated coconut and let stand 1/2 hour or more, strain.

The first step may be accomplished in the blender by breaking coconut meat into small chunks and blending with 1 cup boiling water.

ITALIAN MINESTRONE SOUP WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	olive oil	1/2 cup
Add:	3/4 cup	chopped onion	3 cups
Sauté until onions are straw color.			
Add:	3/4 pound	beef soup meat	3 pounds
	3/4 cup	chopped celery	3 cups
	1-1/2 quarts	water	6 quarts
Cover and bring to simmer; simmer slowly until meat is tender, about 3 hours. Remove meat. Dice and return to stock.			
Add:	1/2 cup	canned tomato	2 cups
	1/2 cup	shredded cabbage	2 cups
	1/4 cup	minced parsley	1 cup
	1/2 cup	sliced carrots	2 cups
	1/4 teaspoon	minced garlic	1 teaspoon
Cover and cook 15 minutes.			
Add:	1/2 cup	*WURLD wheat	2 cups
	1-1/2 teaspoons	salt	2 tablespoons
	1/4 teaspoon	pepper	1 teaspoon
	1/4 teaspoon	oregano	1 teaspoon
	1/2 cup	frozen or fresh green beans or peas	2 cups
	1/2 cup	canned kidney beans	2 cups
	1/2 cup	sliced zucchini	2 cups
Cover and cook 15 to 20 minutes.			
Sprinkle each serving with:		grated Parmesan cheese	

ITALIAN SHORT-CUT WURLD WHEAT VEGETABLE SOUP

	6 servings	*Ingredients*	*25 servings*
Bring to simmer:	5 cups	water	1-1/2 gallons
	3/4 cup	*WURLD wheat	3 cups
	1/2 teaspoon	salt	2 teaspoons
Cover and simmer for 15 minutes.			
Add:	1 package (10 ounces)	frozen mixed Italian vegetables	4 packages (10 ounces each)
	1 package (0.6 ounces)	Italian style salad dressing seasoning mix	4 packages (0.6 ounces each)
	3 to 4 tablespoons	grated Parmesan cheese	3/4 to 1 cup
Simmer until vegetables are tender, about 15 to 20 minutes. Add salt to taste.			

*Bulgur may be substituted for the WURLD wheat.

MEDITERRANEAN TARGHANA SOUP

	6-8 servings	*Ingredients*	*25-30 servings*
*Targhana *WURLD Wheat Balls*			
Heat to steaming in double boiler:	1 cup	milk	1 quart
Remove from heat and add:	1 tablespoon	minced onion	1/4 cup
	1-1/3 cups	*WURLD wheat	5-1/3 cups
Let stand until all milk is absorbed, about 1 hour.			
Beat together then stir in:	1	egg	4
	1-1/4 cups	yogurt	1-1/4 quarts
Cover and refrigerate several hours.			
Knead mixture 10 to 15 minutes. Wet hand with cold water to prevent sticking.			
Shape into small balls.			
Soup			
Heat in saucepan:	2 quarts	chicken stock	2 gallons
Add:	1-1/2 cups	diced celery	1-1/2 quarts
	1 cup	shredded carrots	1 quart
	1/2 cup	chopped onion	2 cups
	1 teaspoon	salt	1 tablespoon
	1/8 teaspoon	pepper	1/2 teaspoon
Simmer about 15 minutes.			
Add:		*WURLD wheat balls	
Cover and contine to simmer gently about 10 minutes.			

ORIENTAL FISH SOUP WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Heat:	3 tablespoons	cooking oil	3/4 cup
Add:	1/2 cup	chopped onion	2 cups
	1 cup	shredded Chinese cabbage	5 cups
Sauté until onion is straw color.			
Add:	3/4 pound	fish fillet, cut in 1-inch strips	3 pounds
	6 cups	water	6-1/4 quarts
	1/2 teaspoon	salt	2 teaspoons
	2 tablespoons	soy sauce	1/2 cup
	1/2 teaspoon	monosodium glutamate	2 teaspoons
	2/3 cup	*WURLD wheat	2-2/3 cups
	3	dried mushrooms, soaked and cut into strips	12
	1/2 cup	sliced water chestnuts	2 cups
Cover and bring to a boil; reduce heat and simmer 20 to 25 minutes.			

*Bulgur may be substituted for the WURLD wheat.

ORIENTAL SHRIMP-VEGETABLE SOUP WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Combine:	5 cups	chicken broth	5 quarts
	2 ounces	shredded spinach	3/4 pound
	1 cup	thinly sliced bamboo shoots	4 cups
	3	dried mushrooms, soaked and cut in halves	12
	1/2 pound	shredded Chinese cabbage	2 pounds
Simmer for 10 to 15 minutes.			
Add:	2 teaspoons	salt	2-1/2 tablespoons
	1 teaspoon	monosodium glutamate	1 tablespoon
Blend:	1 cup	*cooked WURLD wheat	1 quart
	1/4 pound	shrimp, shelled, cleaned, chopped	1 pound
	1 teaspoon	corn starch	1-1/2 tablespoons
	1 tablespoon	wine	1/4 cup
	1 teaspoon	minced ginger	1-1/2 tablespoons
	1	egg	4
Stir into soup mixture; simmer 5 minutes.			

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

SCOTCH BROTH WITH WURLD WHEAT

	6-8 servings	*Ingredients*	*25-30 servings*
Simmer together 2 to 3 hours:	3 quarts	water	3 gallons
	2 pounds	lamb shanks	7 to 8 pounds
Remove meat and bones and skim off all fat.			
Add:	1 cup	*WURLD wheat	1 quart
	1 cup	diced or shredded carrots	1 quart
	1/2 cup	chopped onions or leeks	2 cup
	1 cup	sliced celery	3 cups
	1/4 cup	snipped parsley	1 cup
	2 to 3 teaspoons	salt	2-1/2 tablespoons
	1/4 teaspoon	pepper	1 teaspoon
	1/2 teaspoon	curry powder (optional)	2 teaspoons
Cover and continue cooking until vegetables are tender, 15 to 20 minutes. Remove meat from bones, dice and return to soup mixture.			
Blend together over low heat:	2 tablespoons	butter or margarine	1/2 cup
	4 tablespoons	flour	1 cup
Slowly stir in about 2 cups of the soup mixture, then stir into remaining soup mixture. Continue cooking until thickened, about 3 minutes.			

*Bulgur may be substituted for the WURLD wheat.

ENTRÉES

ARMENIAN KHEEMAH -- RAW MEAT PLATTER

	6 servings	*Ingredients*	*25 servings*
Combine:	1 cup	freshly ground lean lamb (preferably from leg)	1 quart
	few grains	cayenne	dash
	2 cups	*cooked WURLD wheat	2 quarts

Knead together like dough and add water a little at a time until the meat and WURLD wheat stick together in a glistening rosy pink mass, at least 10 minutes.

Knead in:	1 tablespoon	minced green bell pepper	1/4 cup
	1 tablespoon	minced parsley	1/4 cup
	1 tablespoon	minced green onion	1/4 cup

Shape into mound on platter. Sprinkle with additional minced green pepper, parsley, and green onion. Garnish with water cress and serve at once. This dish is often served as appetizer, or as a main dish at picnics and gatherings. Portions are scooped up on crackers or bread.

BAKED WURLD WHEAT AND LIVER LOAF

Combine: 1 pound liver
boiling water to cover

Cover and let stand 10 minutes.
Drain liver and put through food grinder.

Heat: 6 tablespoons butter or margarine
Add: 2 tablespoons chopped onion

Sauté until onion is straw color.

Blend: 5 tablespoons flour
Remove from heat and stir in: 1-1/2 cups milk

Return to low heat and cook (stir constantly) until mixture thickens.

Blend in: chopped liver
2 eggs, slightly beaten
*1-1/2 cups cooked WURLD wheat
2-1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon dry mustard
1/4 teaspoon sage
1 teaspoon Worcestershire sauce

Turn into lightly greased loaf pan. Bake in moderate oven, 325°F., 1 hour. Serve with Mock Tartar Sauce, page 98, Sour Cream Sauce, page 99 or Egg Sauce, page 97. Makes 8 to 10 servings.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

BAKED WURLD WHEAT WITH CHEESE

	6 servings	*Ingredients*	*25 servings*
Blend in shallow baking dish:	3 cups	*cooked WURLD wheat	3 quarts
	1 can (10-1/2 ounces)	condensed cream of chicken soup	4 cans (10-1/2 ounces each)
	1 cup	milk	1 quart
	1/2 teaspoon	dry mustard	2 teaspoons
	1/2 teaspoon	salt	2 teaspoons
Grate:	6 ounces	sharp Cheddar cheese	1-1/2 pounds

Stir two-thirds into WURLD wheat mixture. Sprinkle remaining third over surface.

Sprinkle with: paprika

Bake in a moderate oven, 375°F., 30 to 40 minutes or until lightly browned and bubbly.

BEDEVILED EGGS WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Layer in shallow baking dish:	2 cups	*cooked WURLD wheat	2 quarts
Cut in halves lengthwise:	6	hard-cooked eggs	25

Remove and mash yolks.

Blend in:	1/4 teaspoon	salt	1 teaspoon
	1/3 cup	mayonnaise	1-1/3 cups

Fill whites with yolk mixture. Arrange eggs on top of WURLD wheat.

Pour Tangy Cheese Sauce, page 99 over eggs.

Blend:	1/2 cup	crisp cracker crumbs	2 cups
	2 tablespoons	melted butter or margarine	1/2 cup

Sprinkle over sauce. Sprinkle with paprika. Bake in moderate oven, 350°F., about 30 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

BEEF STEW WITH WURLD WHEAT DUMPLINGS

	6 servings	*Ingredients*	*25 servings*
Cut in 1-inch cubes:	1 pound	beef	4 pounds
Roll cubes in:		*seasoned flour	
Heat:	2 tablespoons	oil or shortening	1/2 cup
Add:	1/2 teaspoon	garlic, crushed	2 teaspoons
Sauté until garlic is lightly browned.			
Add:	1/4 cup	sliced onion	1 cup
Sauté until onion is straw color.		Push to side of pot.	
Add floured beef cubes; brown on all sides.			
Add:	2-1/2 cups	water	2-1/2 quarts
	1 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/4	bay leaf	1
	1 stem	parsley	4 stems
Cover tightly and simmer slowly until meat is almost tender, about 2 hours.			
Add:	3/4 cup	diced carrots	3 cups
	3/4 cup	green beans, cut in 1-inch pieces	3 cups
Continue cooking until vegetables are tender.			
Blend to smooth paste:	1/4 cup	flour	1 cup
	1/4 cup	water	1 cup

Stir into stew mixture. Heat until mixture thickens. Serve with WURLD Wheat Dumplings, page 69.

*Flour may be seasoned with seasoning salt or with a little salt, pepper and onion powder.

CANTONESE CHICKEN WITH TAIWAN PILAF

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	3 tablespoons	oil	1/2 cup
Add:	1 package (8 ounces)	frozen Chinese pea pods, cut in 1/2-inch pieces	4 packages (8 ounces each)
	1/2 cup	sliced water chestnuts	2 cups
	1-1/2 cups	sliced mushrooms	1-1/2 quarts
	1/3 cup	slivered almonds	1-1/3 cups
Stir over moderate heat 2 minutes.			
Add:	1-1/2 cups	chicken stock	1-1/2 quarts
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	white pepper	1/2 teaspoon
	1/2 teaspoon	monosodium glutamate	2 teaspoons
Cover and simmer 6 minutes.			
Make a paste of:	2 tablespoons	cornstarch	1/2 cup
	1/4 cup	water	1 cup
Stir into pea pod mixture.			
Add:	2 cups	sliced cooked chicken	2 quarts

Return to heat and stir frequently until mixture thickens and reaches a boil, 2 to 3 minutes. Serve over Taiwan Pilaf, page 65.

CHICKEN CACCIATORA WITH PARMESAN PILAF

	6 servings	*Ingredients*	*25 servings*
Cut into serving pieces:	1 (3 pound)	frying chicken	4 (3 pounds each)
Shake in paper bag with:	1/2 teaspoon	salt	2 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1/2 cup	flour	2 cups
Heat in heavy skillet:	1/3 cup	oil	1-1/3 cups

Add chicken pieces and sauté over moderate heat until golden brown on all sides. Remove from skillet.

To oil in skillet, add:	1/2 cup	green bell pepper cut in thin strips	2 cups
	1 cup or 1 can (4 ounces)	fresh mushrooms, sliced drained	1 quart or 4 cans (4 ounces each)
	2 cloves	garlic, minced	8 cloves

Sauté over moderate heat until lightly browned. Return chicken pieces to skillet.

Add:	2-1/2 cups (1 pound can)	tomatoes	2-1/2 quarts
	1 can (6 ounces)	tomato paste	4 cans (6 ounces each)
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/4 teaspoon	sweet basil	1 teaspoon

Cover and simmer over low heat until chicken is tender, about 1-1/2 hours.
Serve with Parmesan Pilaf, page 64.

CHICKEN DIVAN WITH PILAF

Prepare 1 recipe of Chicken Flavored Pilaf, page 64. Layer in shallow baking dish.

	6 servings	*Ingredients*	*25 servings*
Top with:	1-1/2 cups	sliced chicken	1-1/2 quarts
	1 package (10 ounces)	frozen chopped broccoli, thawed	4 packages (10 ounces each)
Sauce			
Heat:	2 tablespoons	chicken fat or butter	1/2 cup
Blend in:	3 tablespoons	flour	3/4 cup
	1 teaspoon	salt	4 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/4 teaspoon	poultry seasoning	1 teaspoon
Remove from heat and stir in:			
	1-1/2 cups	chicken stock	1-1/2 quarts
	1/2 cup	milk	2 cups

Return to heat. Cook (stir constantly) until mixture thickens. Remove from heat.

Stir in:	1 tablespoon	lemon juice	1/4 cup

Pour sauce over broccoli.

Sprinkle with:	3 tablespoons	grated Parmesan cheese	3 tablespoons

Bake in moderate oven, 350°F., about 30 minutes.

CHINESE CHICKEN CONGEE

	6 servings	*Ingredients*	*25 servings*
Combine:	3 pounds	chicken, cut up	12-1/2 pounds
	6 cups	water	6 quarts
	4 stalks	green onion, sliced	13 stalks
	1 teaspoon	minced ginger	4 teaspoons

Cover and cook for 30 minutes or until chicken is tender. Remove chicken and separate meat from bones. Cut meat into strips. Return to stock.

Add:	3/4 cup	*WURLD wheat	3 cups
	2 tablespoons	soy sauce	1/2 cup
	3/4 teaspoon	salt	1 tablespoon
	3/4 teaspoon	monosodium glutamate	1 tablespoon

Cover and simmer for 30 minutes.

*Bulgur may be substituted for the WURLD wheat.

CHINESE FRIED SHRIMP AND WURLD WHEAT BALLS

	6 servings	*Ingredients*	*25 servings*
Blend:	4 ounces	cooked shrimp, chopped	1 pound
	1 cup	*cooked WURLD wheat	1 quart
	1/2 cup	minced water chestnuts	2 cups
	1/2 teaspoon	minced ginger	2 teaspoons
	1 tablespoon	wine	1/4 cup
	1	egg white	4
	1 tablespoon	corn starch	1/4 cup
	1 tablespoon	water	1/4 cup

Shape into balls, 1-1/2 tablespoons for each ball. Fry in deep hot fat until lightly browned. Serving: 3 balls each.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

CHINESE NOODLE WURLD WHEAT SOONG

	6 servings	*Ingredients*	*25 servings*
Dip:	1/2 pound	pork, cut in strips	2 pounds
in:		soy sauce	
then in:		corn starch	
Heat:	2 tablespoons	lard	1/2 cup
Add pork strips and brown.			
Add:	1 pound	cauliflower, separated into flowerets	4 pounds
Toss in fat for 5 minutes.			
Add:	6 cups	water	6 quarts
	1/2 cup	*WURLD wheat	2-1/8 cups
	1 cup	noodles	1 quart
	2 tablespoons	soy sauce	1/2 cup
	3/4 teaspoon	salt	1 tablespoon
	1 teaspoon	monosodium glutamate	4 teaspoons
Bring to boil; reduce heat and simmer for 20 minutes.			
Add:	6 leaves	spinach, cut in strips	25 leaves
Continue to simmer for 10 minutes.			

*Bulgur may be substituted for the WURLD wheat.

CHINESE PORK AND WURLD WHEAT DISH

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	lard	1/2 cup
Dip:	1/4 pound	pork, diced	1 pound
in:		soy sauce	
then in:		corn starch	
Sauté until lightly browned, about 7 minutes.			
Add:	3 cups	water	3 quarts
	1-1/8 cups	*WURLD wheat	1-1/8 quarts
	1/2 teaspoon	salt	2 teaspoons
	1/2 teaspoon	monosodium glutamate	2 teaspoons
Cover and bring to boil; reduce heat and simmer for 15 minutes.			
Add:	1 pound	Chinese cabbage, cut in 1-inch slices	4 pounds
Cover and continue to simmer for 10 minutes.			

CHINESE SAUSAGE WURLD WHEAT DISH

	6 servings	*Ingredients*	*25 servings*
Combine:	2-1/2 cups	water	2-1/2 quarts
	1-1/8 cups	*WURLD wheat	1-1/8 quarts
	1	Chinese sausage, cut in thin slices	4
Cover and bring to boil; reduce heat and simmer 15 minutes.			
Stir in:	1/2 teaspoon	salt	2 teaspoons
	2 tablespoons	soy sauce	1/2 cup
	1 teaspoon	vinegar	4 teaspoons
	1/2 cup	water	2 cups
Lay on top:	6	bok choy leaves cut in strips	25
Continue cooking 5 to 10 minutes.			

*Bulgur may be substituted for the WURLD wheat.

CHINESE VEGETABLE CHOW WITH PORK AND WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	lard	1/2 cup
Add:	1/4 pound	pork, shredded	1 pound
Sauté until lightly browned.			
Add:	6	dried mushrooms, soaked and shredded	25
	1 pound	Chinese cabbage, shredded	4 pounds
	1 pound	bean sprouts	4 pounds
Toss and sauté 5 minutes.			
Add:	1/2 teaspoon	monosodium glutamate	2 teaspoons
	1 tablespoon	soy sauce	1/4 cup
	1 teaspoon	salt	4 teaspoons
	1 cup	stock or bouillon	1 quart
Simmer for 5 minutes.			
Blend:	2 teaspoons	water	3 tablespoons
	2 teaspoons	corn starch	3 tablespoons

Stir into vegetable mixture and cook until liquid is thickened.
Place in serving dish, 2 cups *hot cooked WURLD wheat. Top with vegetable mixture.

CODFISH WURLD WHEAT PATTIES

Separate into flakes: 1 can (14 ounces) flaked codfish
Blend with: *3 cups cooked WURLD wheat
2 eggs slightly beaten
3/4 teaspoon salt
1/4 teaspoon pepper
Form into patties about 2-inches in diameter.
Coat with: 1/3 cup crisp cracker crumbs
Fry in deep fat at 375°F., until golden brown, or sauté in 1/3 cup oil over moderate heat to a golden brown on both sides. Serve with Mock Tartar Sauce, page 98. Makes 10 to 12 servings.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

DRIED BEEF AMANDINE WITH WURLD WHEAT

Soak 5 minutes in boiling water to cover: 1 jar (5 ounces) dried beef
Drain.
Blend with: *2 cups hot cooked WURLD wheat
1/4 cup butter
1 tablespoon anchovy paste (optional)
Layer on heated serving dish. Prepare Allemande Sauce page 95. Pour over WURLD wheat mixture.
Sprinkle with: 1/2 cup chopped toasted almonds

DUCK BIGARADE WITH PILAF à l'ORANGE

Cut into serving pieces: 1 duck, about 5 pounds
Dip pieces in mixture of: 1 cup flour
1 teaspoon seasoned salt
Heat in heavy skillet: 1/3 cup butter or margarine
Sauté duck pieces over moderate heat until browned on all sides. Remove duck from skillet.
Add to skillet: 1/2 cup chopped onions
1 to 2 cups sliced fresh mushrooms or 1 to 2 cans (4 ounces each) drained
Sauté until onions are straw color. Pour off all fat. Return duck pieces to skillet.
Add: 1 cup orange juice
2 cups duck or chicken broth (use giblets, wing tips, neck and tail piece to prepare broth)
1/2 teaspoon salt
1/8 teaspoon white pepper
Cover and simmer over low heat until duck is tender, about 1-1/2 hours. Remove duck to serving dish.
Make paste of: 3 tablespoons flour
1/3 cup water
Stir into sauce in skillet. Continue stirring until mixture thickens and comes to a boil.
Stir in: 1/3 cup sweet vermouth (optional)
Pour sauce over duck and serve with Pilaf à l'Orange, page 65 . Makes 5 to 6 servings.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

FILIPINO CABBAGE ROLLS - WURLD WHEAT STUFFING

	6 servings	*Ingredients*	*25 servings*
Wilt in hot water:	6	large cabbage leaves	25
Heat:	2 tablespoons	butter oil or cooking oil	1/2 cup
Add:	2 segments	garlic, crushed	8 segments
Sauté until lightly browned.			
Add:	1/2 cup	chopped onion	2 cup
Sauté until onion is straw color.			
Stir in:	1/4 kilo	ground hamburger beef	1 kilo
	2/3 cup	meat or chicken stock	2-1/2 cups
	1/2 teaspoon	toyo	2 teaspoons
	3/4 teaspoon	salt	1 tablespoon
	1/8 teaspoon	pepper	1/2 teaspoon
	3/4 cup	*WURLD wheat	3-1/3 cups
	1-1/4 cups	water	5 cups
Place 1/2 cup of WURLD wheat mixture on each wilted cabbage leaf. Fold leaves around filling. Place rolls in carajay.			
Combine:	1 cup	chopped tomatoes	4 cups
	1 cup	beef stock	4 cups
Pour over cabbage rolls.			
Cover and simmer for 1 hour.			

FILIPINO CHICKEN AND PORK ADOBO WITH WURLD WHEAT COCONUT PILAF

	6 servings	*Ingredients*	*25 servings*
Combine:	1/2 kilo	chicken, boned, then cubed	2 kilos
	1/2 kilo	pork, cut in 1-inch cubes	2 kilos
	1/2 cup	vinegar	2 cups
	3 segments	garlic, crushed	8 segments
	2 tablespoons	toyo	1/2 cup
	1/2 teaspoon	salt	2 teaspoons
	1/4 teaspoon	black pepper	1 teaspoon
	2 cups	water	2 quarts
Cook slowly until the meat is tender and most of the liquid has evaporated.			
Add:	2 tablespoons	cooking oil or lard	1/2 cup
Sauté until chicken and pork are lightly browned.			
Add:	1 cup	coconut cream	1 quart
Simmer for 5 minutes. Serve with Coconut Pilaf, page 62.			

*Bulgur may be substituted for the WURLD wheat.

FILIPINO FISH 'N' WURLD WHEAT PILAF

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	cooking oil or butter oil	1/2 cup
Add:	2 teaspoons	garlic, minced	8 teaspoons
Sauté until garlic is lightly browned.			
Add:	1/2 cup	chopped onion	2 cups
	1/2 cup	chopped celery	2 cups
Sauté until onion is straw color.			
Add:	1-1/2 cups	water	6 cups
	1 teaspoon	salt	4 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/4 teaspoon	oregano	1 teaspoon
	1 tablespoon	calamansi juice	1/4 cup
	3/4 cup	*WURLD wheat	3 cups
	250 grams	fish fillets, cut in 1-inch strips	1 kilo

Cover and bring to simmer over moderate heat. Reduce heat and cook at low simmer for 10 to 15 minutes. Stir. Cover. Turn off heat and let stand 15 minutes to fluff.

FILIPINO MENESTRA CON WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	cooking oil or butter oil	1/2 cup
Add:	1 teaspoon	crushed garlic	4 teaspoons
	1/4 cup	chopped onion	1 cup
	3/4 cup	diced tomato	3 cups
	185 grams	sliced pork	3/4 kilo
	1-1/4 teaspoons	salt	4 teaspoons
Sauté for 10 minutes, stirring occasionally.			
Add:	2 cup	water	1-3/4 quarts
	1/2 cup	*WURLD wheat	2 cups
	3/4 cup	string beans, cut in 1-inch lengths	3 cups
	3/4 cup	sliced carrots	3 cups
Simmer for 15 minutes.			
Add:	1-1/4 cups	sliced cabbage	1-1/4 quarts
	65 grams	vienna sausage, cut in 1-inch pieces	250 grams
	1/8 teaspoon	white pepper	1/2 teaspoon
Simmer for 5 minutes. Serve hot.			

*Bulgur may be substituted for the WURLD wheat.

FILIPINO PAELLA WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Heat:	1/4 cup	cooking oil or butter oil	3/4 cup
Add:	1/2 (about 1-1/2 pounds)	chicken, cut up	2 (about 6 pounds)
Sauté chicken pieces until golden brown. Remove the chicken and set aside.			
Add to oil:	3 segments	garlic, crushed	9 segments
Sauté until lightly browned.			
Add:	1/2 kilo	pork, cut in small pieces	1-1/2 kilos
	1	large onion, sliced	3
	3/4 cup	tomato purée	2-1/4 cups
	1 teaspoon	salt	1 tablespoon
	1/2 teaspoon	paprika	1-1/2 teaspoon
	1 cup	*WURLD wheat	3 cups
	2-1/2 cups	clam broth	7-1/2 cups
Bring to a boil, and simmer for 25 minutes.			
Add:	8	shrimp, cooked, peeled, deveined	25
	1	crab, boiled, removed from shell	3
	16	tullia clams	50
	1 cup	green beans cut in 1-inch lengths	4 cups
Simmer for 20 minutes.			

*Bulgur may be substituted for the WURLD wheat.

FILIPINO WURLD WHEAT FISH CROQUETTES

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	cooking oil or butter oil	1/2 cup
Add:	1-1/2 teaspoons	minced garlic	2 tablespoons
Sauté until lightly browned.			
Add:	1/2 cup	chopped onion	2 cups
Sauté until onion is straw color.			
Add:	1 cup	flaked cooked fish	3 cups
	1-1/2 teaspoons	salt	1-1/2 tablespoons
	1/8 teaspoon	pepper	1/2 teaspoon
Sauté for 5 minutes.			
Add:	2 cups	*cooked WURLD wheat	1-1/2 quarts
	3/4 cup	milk	2-1/4 cups
Cook over moderate heat until the mixture is almost dry.			
Add:	1/4 cup	chopped green onion	1 cup
Mix and shape into croquettes, 1/3 cup each.			
Dip in:	2	eggs, slightly beaten	6
Roll in:		cracker crumbs	
Fry in hot oil until lightly browned.			
Serve with Mock Tartar Sauce, page 98.			

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

FILIPINO WURLD WHEAT FISH LUMPIA

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	cooking oil or butter oil	1/4 cup
Add:	1 segment	garlic, crushed	4 segments
Sauté until garlic is browned.			
Add:	1/4 cup	chopped onion	1 cup
Sauté until onion is straw color.			
Add:	1/3 cup	diced tomatoes	1-1/3 cups
	1/2 cup	diced sincamas	2 cups
Cover and simmer for 2 minutes.			
Add:	1/2 cup	shredded cooked fish	2 cups
	2 tablespoons	raisins	1/2 cup
	1 stem	kinchay, finely chopped	4 stems
	1/2 cup	*cooked WURLD wheat	2 cups
	1/2 teaspoon	vetsin	2 teaspoons
	1/2 teaspoon	toyo	2 teaspoons
	1/4 teaspoon	salt	1 teaspoon
	1/8 teaspoon	pepper	1/2 teaspoon

Stir; remove from fire; cool slightly.
Wrap 2 tablespoons filling in each of 12 lumpia wrappers for 6 servings; 50 for 25 servings. Fry in hot fat. Serve with sweet sour sauce or Filipino Tomato Sauce, page 98.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

FILIPINO WURLD WHEAT WITH EGGPLANT AND TOMATO

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	cooking oil or butter oil	1/2 cup
Add:	4 segments	garlic, minced	16 segments
Sauté until lightly browned.			
Add:	1 cup	chopped onion	1 quart
	1/4 cup	chopped green bell pepper	1 cup
Sauté until onions are straw color.			
Add:	1-1/2 teaspoons	salt	2 tablespoons
	1/4 teaspoon	black pepper	1 teaspoon
	1/2 teaspoon	sugar	2 teaspoons
	1 cup	water	1 quart
	2 cups	beef stock	2 quarts
	1 cup	*WURLD wheat	1 quart
Bring to a boil, and simmer for 20 minutes.			
Add:	2 cups	chopped fresh tomatoes	2 quarts
	4 cups	eggplant, peeled and diced	4 quarts
Simmer 10 minutes.			
Add:	1 cup	grated processed American cheese	1 quart
Cook until cheese is melted.			

*Bulgur may be substituted for the WURLD wheat.

FILIPINO WURLD WHEAT STUFFED EGGPLANT

	6 servings	*Ingredients*	*25 servings*
Heat:	1 tablespoon	cooking oil or butter oil	1/4 cup
Add:	2 segments	garlic, minced	8 segments
Sauté until garlic is lightly browned.			
Add:	1/4 cup	chopped onion	1 cup
Sauté until onion is straw color.			
Add:	1/4 cup	ground pork or beef	1 cup
	1/4 cup	chopped tomato	1 cup
	1/2 cup	*cooked WURLD wheat	2 cups
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
Cook until the meat is browned.			
Boil in salted water:	3	medium sized eggplants	12-1/2
Peel, split lengthwise along one side, and remove the seeds. Cut each eggplant in half crosswise. Stuff each half with 2 tablespoons WURLD wheat mixture; close the split side.			
Combine:	1	slightly beaten egg	4
	1 tablespoon	flour	1/4 cup
	1/8 teaspoon	salt	1/2 teaspoon
Dip the stuffed eggplant in the egg mixture, and fry in deep, hot fat until lightly browned.			

FISH AND WURLD WHEAT AU GRATIN

	6 servings	*Ingredients*	*25 servings*
Layer in shallow baking dish:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1-1/2 pounds	fish fillets	6 pounds
Top with:	1 recipe (6 servings)	Au Gratin Sauce (p. 95)	1 recipe (25 servings)
Sprinkle with:		grated Parmesan cheese	
Bake uncovered in moderate oven, 350°F., 30 to 35 minutes.			

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

FISH AND WURLD WHEAT CREOLE

	6 servings	*Ingredients*	*25 servings*
Layer in baking dish:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1-1/2 pounds	fish fillets	6 pounds
Top with:	1 recipe (6 servings)	Creole Sauce (p. 96)	1 recipe (25 servings)

Bake uncovered in moderate oven, 350°F., 25 to 30 minutes.

FISH AND WURLD WHEAT FLORENTINE

Blend:

*2 cups cooked WURLD wheat
1 package (10 ounces) frozen chopped spinach, thawed
1/2 cup minced onion
1 clove garlic, minced
3 tablespoons lemon juice
1 teaspoon seasoned salt
1 teaspoon Worcestershire sauce

Spread filling on: 8 to 10 small fish fillets

Roll fillets jelly-roll fashion and secure with toothpicks. Place in shallow baking dish and dot with butter or margarine. Bake uncovered in moderate oven, 350°F., 30 to 35 minutes. Serve with Mock Tartar Sauce, page 98. Makes 8 to 10 servings.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

FRESH SALMON PILAF

	6 servings	*Ingredients*	*25 servings*
Heat in skillet:	3 tablespoons	butter or margarine	1/2 cup
Add:	1/2 cup	chopped onion	2 cups
	1/2 cup	chopped celery	2 cups
Sauté until onions are straw color.			
Add:	1 cup	*WURLD wheat	1 quart
	2 cups	water	2 quarts
	1 pound	fresh salmon cut in cubes or strips	4 pounds
	1 teaspoon	salt	4 teaspoons
	1/8 teaspoon	fines herbes	1/2 teaspoon
	1/8 teaspoon (scant)	thyme	1/2 teaspoon (scant)
	1 to 2 tablespoons	lemon juice	1/4 to 1/2 cup

Cover and simmer about 15 minutes.

*Bulgur may be substituted for the WURLD wheat.

GALLINA CON NARANJAS

Cut into serving pieces:	2 frying chickens
Combine in large bowl:	1-1/2 cups orange juice
	1/4 cup lemon juice
	1/4 cup oil
	1 teaspoon salt
	1/4 cup honey or brown sugar
	1-1/2 cups chopped onion
	1 teaspoon fines herbes
	1/2 teaspoon sage

Place chicken pieces in the orange marinade, cover and let marinate in refrigerator for several hours or overnight. Baste frequently to marinate uniformly.

Drain chicken, reserve marinade.

Shake a few pieces at a time in paper or plastic bag in mixture of:	1 cup flour
	2 tablespoons seasoned salt
Heat in skillet:	1/4 cup oil
	1/4 cup butter or margarine

Brown chicken pieces on all sides. Transfer to shallow baking dish. Pour over the orange marinade, cover and bake in moderate oven, 325°F., until chicken is tender, about 1 hour. Baste frequently with the marinade while baking. Arrange on serving dish; garnish with fresh orange wedges and sprigs of fresh mint or parsley. Serve with Pilaf à l'Orange, page 65.

Makes 8 to 10 servings.

GREEK LEMON MARINATED CHICKEN

	6 servings	*Ingredients*	*25 servings*
Combine:	1/2 cup	dry white wine	2 cups
	1/2 cup	lemon juice	2 cups
	1/2 cup	olive or cooking oil	2 cups
	1 cup	chopped onion	2 cups
	1 teaspoon	crushed garlic	4 teaspoons
	1/2 teaspoon	pepper	2 teaspoons
	1 teaspoon	salt	4 teaspoons
	1 teaspoon	tarragon	4 teaspoons
	1 teaspoon	rosemary	4 teaspoons
	1 teaspoon	oregano	4 teaspoons
Cut into serving pieces:	3	broiler or frying chickens	12-1/2

Place in bowl and pour over the lemon marinade. Cover and marinate for several hours or overnight in refrigerator, basting several times to marinate thoroughly.

Barbecue, broil or bake chicken until tender and browned, brushing frequently with the marinade. Serve with Grape Pilaf, page 64.

HAWAIIAN WURLD WHEAT PATTIES

Heat in heavy skillet: 2 tablespoons butter or margarine
Add: 1/3 cup chopped onion
Sauté over moderate heat until onions are straw color.
Add: 1/2 teaspoon salt
3/4 cup pineapple juice
1-1/2 cups water
*1 cup WURLD wheat
Cover and bring to simmer over moderate heat; simmer until most of liquid is absorbed, 10 to 15 minutes. Stir. Turn off heat. Cover and let stand about 15 minutes to fluff.
Blend in: 3 cups chopped ham
1/2 teaspoon dry mustard
1/2 cup condensed cream of cheese soup
Shape mixture into 10 patties (about 1/2 cup per patty).
Arrange in shallow baking dish: 10 slices pineapple (20-ounce can)
Place a ham patty atop each pineapple slice. Wrap a strip of bacon around side and fasten with toothpick. Bake in moderate oven, 375°F., about 30 minutes or until bacon is lightly browned. Makes 10 servings.

INDIA CHICKEN CURRY PILAF

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	1/4 cup	butter or chicken fat	1 cup
Add:	1/2 cup	chopped onion	2 cups
	1	medium-sized tart apple--peeled, cored, and chopped	4
	1 cup	thinly sliced celery	1 quart
Sauté over moderate heat until onions are straw color.			
Blend in:	1-1/2 to 2 teaspoons	curry powder	2 to 3 tablespoons
	1/8 teaspoon	ginger	1/2 teaspoon
	2 tablespoons	flour	1/2 cup
	1-1/2 teaspoons	salt	2 tablespoons
	1/4 teaspoon	pepper	1 teaspoon
Remove from heat and stir in:	4-1/2 cups	chicken stock	4-1/2 quarts
	1/2 cup	cream or milk	2 cups
Return to heat and stir constantly until mixture thickens and comes to a boil.			
Add:	2 to 3 cups	cooked diced chicken	2 to 3 quarts
	1 cup	*WURLD wheat	1 quart
Cover and simmer over low heat about 20 minutes.			

*Bulgur may be substituted for the WURLD wheat.

INDIA CURRIED LAMB PILAF

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	3 tablespoons	oil	3/4 cup
Add:	3 cups	cooked lamb cut in cubes	3 quarts
	1/3 cup	chopped onion	1-1/3 quarts
	1/2 cup	chopped tart apple	2 cups
	1 clove	garlic, minced	4 cloves
Sauté over moderate heat until meat and onions are lightly browned.			
Blend in:	1/2 teaspoon	celery seed	2 teaspoons
	1-1/2 teaspoons	curry powder	2 tablespoons
	1/8 teaspoon	ginger	1/2 teaspoon
	1 teaspoon	salt	4 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	5 to 6 drops	Tabasco sauce	1/2 to 3/4 teaspoon
	1 can (10 ounces)	tomato purée	4 cans (10 ounces each)
	3-1/2 cups	canned consommé or water	3-1/2 quarts
	1 cup	*WURLD wheat	1 quart
Cover and bring to boil. Reduce heat and simmer slowly until thickened, about 40 minutes.			

*Bulgur may be substituted for the WURLD wheat.

ITALIAN EGGPLANT AND WURLD WHEAT CASSEROLE

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	oil	1/2 cup
Add:	1/3 cup	chopped onion	1-1/3 cups
	1/4 teaspoon	minced garlic	1 teaspoon
Sauté over moderate heat until onions are straw color.			
Add:	2-1/2 cups (1 pound can)	tomatoes	2-1/2 quarts
	1/4 teaspoon	basil	1 teaspoon
	1-1/4 teaspoon	salt	5 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/2 teaspoon	sugar	2 teaspoons
Cover and simmer over low heat about 30 minutes			
Peel:	1	medium eggplant	4
Cut in 1/2-inch slices.			
Dip slices in:	2 to 3 tablespoons	flour	1/2 to 3/4 cups
Heat:	1/2 cup	oil	2 cups
Sauté eggplant slices until golden brown on each side.			
Layer in baking dish with:	2 cups	*cooked WURLD wheat	2 quarts
	4 to 6 ounces	thinly sliced mozzarella cheese	1 to 1-1/2 pounds
	1/2 cup	grated Parmesan cheese	2 cups
Bake in moderate oven, 350°F., about 30 minutes.			

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

ITALIAN VEAL PARMIGIANA WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	3 tablespoons	olive or salad oil	3/4 cup
Add:	3 cloves	garlic, minced	12 cloves
	2	medium-sized onions, chopped	8

Sauté over moderate heat until onions are straw color.

Add:	2-1/2 cups (1 pound can)	tomatoes	2-1/2 quarts (4 1-pound cans)
	1-1/2 teaspoons	salt	2 tablespoons
	1/4 teaspoon	pepper	1 teaspoon
	1/4 teaspoon	thyme	1 teaspoon
	1/4 teaspoon	basil	1 teaspoon
	1 can (8 ounces)	tomato sauce	4 cans (8 ounces each)
	1/4 cup	red wine	1 cup

Cover and simmer over low heat 30 minutes; stir occasionally.

Cut into serving pieces:	1-1/2 pounds	veal cutlet, thinly sliced	6 pounds
Dip each piece in:		beaten egg	
Then dip in mixture of:	1 cup	crisp cracker crumbs	1 quart
	1/2 cup	grated Parmesan cheese	2 cups

Sauté in olive oil until lightly browned on both sides.

Layer in shallow baking dish:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
Top with:		mozzarella cheese slices	

Add about one-half of the sauce. Layer the browned veal slices atop the sauce mixture. Top with additional slices of mozzarella cheese. Add remaining sauce.

Sprinkle generously with:		grated Parmesan cheese	

Bake uncovered in moderate oven, 350°F., about 45 minutes or until browned.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

JAVANESE LAMB ROAST

Melt: 1/4 cup butter
Add: 1/2 cup chopped onion
1 teaspoon tumeric
1 teaspoon ground cumin seed
1-1/2 ground coriander
1 to 2 teaspoons curry powder

Sauté over low heat until onions are straw color. Stir frequently.

Add: 1-1/3 cups lemon juice
1/2 cup oil
2 teaspoons salt
1 teaspoon pepper
1/2 cup honey

Mix thoroughly; cool.

Place in baking dish: 1 leg lamb (about 5 pounds)

Pour marinade over lamb; cover and marinate for several hours or overnight in refrigerator. Turn lamb over several times in marinade to marinate evenly. Bake, covered, in moderate oven, 325°F., for 1-1/2 to 2 hours; uncover and continue to bake until tender, about 1 hour. Baste several times with marinade while baking. Makes 8 to 10 servings. Serve with Indonesian Yellow WURLD Wheat, page 63, or Coconut Pilaf, page 62.

LUNCHEON MEAT AND WURLD WHEAT FONDUE

	6 servings	*Ingredients*	*25 servings*
Blend in baking dish:	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	3/4 cup	grated sharp Cheddar cheese	3 cups
	2 tablespoons	chopped onion	1/2 cup
	2 tablespoons	chopped green bell pepper	1/2 cup
	2 tablespoons	chopped pimiento	1/2 cup
	2 tablespoons	chopped ripe olives	1/2 cup
	1 can (12 ounces)	luncheon meat, diced	4 cans (12 ounces each)
Stir into:	1-1/2 cups	hot milk	1-1/2 quarts
	2	eggs, slightly beaten	8

Pour over WURLD wheat mixture. Bake in moderate oven, 350°F., until set, about 35 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

MEDITERRANIAN HARPOOT KUFTA -- STUFFED MEAT BALLS

	6 servings	*Ingredients*	*25 servings*
Filling			
Sauté over moderate heat until fat renders:	1/2 pound	lean ground lamb	2 pounds
Add:	1/4 cup	chopped onion	1 cup
Cover and cook over low heat 30 minutes.			
Add:	2 tablespoons	chopped green bell pepper	1/2 cup
	1 tablespoon	chopped parsley	1/4 cup
Cook 10 minutes.			
Add:	1/8 teaspoon	chopped mint leaves	1/2 teaspoon
	1/4 teaspoon	basil	1 teaspoon
	1/2 teaspoon	salt	2 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1/2 teaspoon	cinnamon	2 teaspoons
	1 tablespoon	chopped pine nuts (optional)	1/4 cup

Cook 5 minutes. Chill, then form into small balls about 3/4-inch in diameter.

Keyma - Outside layer			
Combine:	1/2 cup	*WURLD wheat	2 cups
	1 cup	boiling water	1 quart
Let soak until water is absorbed, about 1 hour.			
Add:	1/2 pound	lean ground lamb	2 pounds
	2 tablespoons	chopped onion	1/2 cup
	1 tablespoon	chopped parsley	1/4 cup
	1/2 teaspoon	salt	2 teaspoons

Knead like dough 20 minutes; add cold water a little at a time until mixture holds together. Dip hands in cold water frequently to prevent sticking. Make balls the size of a walnut. Make a dent in the middle of each ball with thumb. Insert the small meat ball into keyma ball; bring open edges of the outer layer together to close; seal and smooth the surface with wet fingers. The thinner the outside wall, the better. Make a broth of the lamb bones, season to taste, and heat to boiling. Drop in the kuftas, cover, and simmer about 20 minutes. When the kuftas rise to the surface they are done. Serve with or without the broth.

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*Bulgur may be substituted for the WURLD wheat.

MEDITERRANIAN KABOURGA -- STUFFED RACK OF LAMB

Cut a pocket in: 3- to 4-pound rack of lamb
Fill pocket with Mediterranian Pine Nut-Currant and WURLD Wheat Stuffing, page 59. Fasten with skewers or sew. Place meat in baking dish, fat side up.
Mix and pour over meat: 1/2 cup tomato sauce
1/2 cup water
Cover and bake in moderate oven, 325°F., 1-1/2 hours. Uncover and continue baking until meat is tender and nicely browned. Baste several times while cooking after cover is removed. Makes 6 to 8 servings.

MEXICAN WURLD WHEAT CHILI

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	2 tablespoons	salad oil	1/2 cup
Add:	1 pound	lean ground beef	4 pounds
	3/4 cup	chopped onion	3 cups
	3 cloves	garlic, minced	12 cloves
Sauté over moderate heat until onions are lightly browned.			
Blend in:	1-1/2 tablespoons	chili powder	1/3 to 1/2 cup
	1-1/2 tablespoons	flour	1/3 cup
	1 teaspoon	salt	4 teaspoons
	1/4 teaspoon	black pepper	1 teaspoon
	1/2 teaspoon	oregano	2 teaspoons
	1/4 teaspoon	cumin seed	1 teaspoon
	few grains	cayenne red pepper	dash
	5 cups	beef stock or canned bouillon	5 quarts
	1 cup	tomato purée	1 quart
	1 cup	*WURLD wheat	1 quart

Cover and simmer (stir occasionally) over low heat for about 1 hour.

*Bulgur may be substituted for the WURLD wheat.

NEW ORLEANS WURLD WHEAT JAMBALAYA

	6 servings	*Ingredients*	*25 servings*
Sauté in heavy skillet until lightly browned:	1/2 pound	pork sausages cut in 1/2-inch lengths	2 pounds
	1-1/2 cups	diced ham	1-1/2 quarts
	1/2 cup	chopped onion	2 cups
	1/2 cup	chopped green bell pepper	2 cups
	3/4 cup	thinly sliced celery	3 cups
Add:	3-1/2 cups	meat or chicken stock or diluted canned consommé	3-1/2 quarts
	2 tablespoons	chopped parsley	1/2 cup
	1/4 teaspoon	thyme	1 teaspoon
	1/8 teaspoon	powdered cloves	1/2 teaspoon
	1/4 teaspoon	chili powder	1 teaspoon
	3/4 teaspoon	salt	3 tablespoons
	1/4 teaspoon	pepper	1 teaspoon
	dash	cayenne	1/8 teaspoon
	1 cup	*WURLD wheat	1 quart

Cover and bring to boil. Reduce heat and simmer (stir occasionally) until mixture thickens, about 45 minutes.

*Bulgur may be substituted for the WURLD wheat.

NORWEGIAN FISH AND WURLD WHEAT PUDDING

	6 servings	*Ingredients*	*25 servings*
Blend in baking dish:	2 cups	*cooked WURLD wheat	2 quarts
	1-1/4 pounds	fish fillets, finely ground	5 pounds
	1 can (10-1/2 ounces)	condensed cream of chicken or mushroom soup	4 cans (10-1/2 ounces each)
	2 cups	half and half (milk and cream)	2 quarts
	1-1/2 teaspoons	salt	2 tablespoons
	1/8 teaspoon	nutmeg	1/2 teaspoon
	1	egg, slightly beaten	4

Place in pan of hot water and bake uncovered in moderate oven, 350°F., 30 to 35 minutes, or until set.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

ORIENTAL BRAISED PORK WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Blend:	2 tablespoons	soy sauce	1/2 cup
	2 tablespoons	wine	1/2 cup
	2 teaspoons	minced ginger	8 teaspoons
	2 teaspoons	minced leek	8 teaspoons
	1 teaspoon	sugar	4 teaspoons
Add:	1/2 pound	pork, cut in thin strips	2 pounds

Soak for 1/2 hour. Drain pork, save sauce.

Heat:	2 tablespoons	oil	1/2 cup

Add pork strips and brown.

Mix and add:	3/4 cup	broth or water sauce from above	3 cups

Simmer 30 minutes.

Add:	2 cups	broth or bouillon	2 quarts
	2 tablespoons	soy sauce	1/2 cup
	1 tablespoon	wine	1/4 cup
Blend:	2 teaspoons	corn starch	8 teaspoons
	2 teaspoons	water	8 teaspoons

Stir into meat mixture and heat.
Place in serving dish 3 cups *hot cooked WURLD wheat. Top with pork mixture.

ORIENTAL CHICKEN AND WURLD WHEAT PATTIES

	6 servings	*Ingredients*	*25 servings*
Blend:	2 cups	*cooked WURLD wheat	2 quarts
	1	egg	4
	3/4 teaspoon	salt	1 tablespoon
	2 teaspoons	soy sauce	3 tablespoons
	1/2 teaspoon	monosodium glutamate	2 teaspoons
	2 tablespoons	corn starch	1/2 cup
	2 tablespoons	water	1/2 cup
	1 teaspoon	minced ginger	4 teaspoons
	3/4 cup	**minced cooked chicken	3 cups

Shape into 6 patties for 6 servings; 25 patties for 25 servings. Fry in hot oil until lightly browned on both sides.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

**Diced cooked pork, ham, beef, shrimp, or fish may be substituted for the chicken.

ORIENTAL CHICKEN CONGEE

	6 servings	*Ingredients*	*25 servings*
Combine:	3 pounds	chicken	9 pounds
	6 cups	water	4-1/2 quarts
	4 stalks	green onion, sliced	16 stalks
	1 teaspoon	minced ginger	4 teaspoons

Cover and cook for 30 minutes or until chicken is tender. Remove chicken and separate meat from bones. Cut meat into strips. Return to stock.

Add:	3/4 cup	*WURLD wheat	3-1/2 cups
	2 tablespoons	soy sauce	1/3 cup
	3/4 teaspoon	salt	1 tablespoon
	3/4 teaspoon	monosodium glutamate	1 tablespoon

Cover and simmer for 30 minutes.

*Bulgur may be substituted for the WURLD wheat.

ORIENTAL FRIED SHRIMP AND WURLD WHEAT BALLS

	6 servings	*Ingredients*	*25 servings*
Blend:	4 ounces	cooked shrimp, chopped	1 pound
	1 cup	*cooked WURLD wheat	1 quart
	1/2 cups	minced water chestnuts	2 cups
	1/2 teaspoon	minced ginger	2 teaspoons
	1 tablespoon	wine	1/4 cup
	1	egg white	4
	1 tablespoon	corn starch	1/4 cup
	1 tablespoon	water	1/4 cup

Shape into 18 balls for 6 servings, 75 for 25 servings, 1-1/2 tablespoons for each ball. Fry in deep hot fat until lightly browned.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

ORIENTAL STEWED MEAT AND WURLD WHEAT BALLS WITH CHINESE CABBAGE

	6 servings	*Ingredients*	*25 servings*
Blend:	1/2 pound	ground pork	2 pounds
	2 cups	*cooked WURLD wheat	2 quarts
	1 stalk	leek, minced	4 stalks
	1 teaspoon	minced ginger	4 teaspoons
	1 tablespoon	wine	1/4 cup
	1 tablespoon	soy sauce	1/4 cup
	1/2 teaspoon	salt	2 teaspoons
	1	egg	4
	2 teaspoons	corn starch	2 tablespoons + 2 teaspoons
	2 teaspoons	water	3 tablespoons

Shape into balls.

Heat:	1/3 cup	lard	1-1/3 cups

Sauté meat balls until golden brown on both sides.
Remove from pan.

Add to fat in pan:	1-1/2 pounds	Chinese cabbage, shredded	6 pounds

Toss and sauté for 5 minutes.

Add:	1 cup	stock	1 quart
	2 tablespoons	soy sauce	1/2 cup

Place meat balls on cabbage. Cover and simmer 20 to 30 minutes.

ORIENTAL STUFFED MUSHROOMS

	6 servings	*Ingredients*	*25 servings*

Fresh or dried mushrooms may be used. Soak dried mushrooms in hot water, then cook.

Mix:	1	chicken breast, minced	4
	2 ounces	ham, minced	1/2 pound
	2 tablespoons	chopped green onion	1/2 cup
	2 teaspoons	wine	3 tablespoons
	2 teaspoons	soy sauce	3 tablespoons
	1	egg white, slightly beaten	4
	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	1 tablespoon	corn starch	1/4 cup
	1 tablespoon	water	1/4 cup

Pack stuffing into 12 large or 18 medium-sized mushrooms for 6 servings; 50 large or 75 medium-sized for 25 servings.

Combine:	1-1/2 cups	meat stock	1-1/2 quarts
	1 tablespoon	soy sauce	1/4 cup
	1/2 teaspoon	salt	2 teaspoons

Place stuffed mushrooms in sauce and simmer for 30 minutes. Remove stuffed mushrooms.

Mix and add to sauce:	2 teaspoons	corn starch	3 tablespoons
	2 teaspoons	water	3 tablespoons

Stir and bring to boil. Pour over stuffed mushrooms.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

PORK CHOP SUEY WITH TAIWAN PILAF

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	3 tablespoons	oil	3/4 cup
Add:	3 cups	diced cooked pork	3 quarts
	1/4 cup	sliced mushrooms (drain, if canned)	1 cup
	1/2 cup	chopped onion	2 cups
	1/2 cup	thinly sliced celery	2 cups
	1/2 cup	bean sprouts (drain, if canned)	2 cups
	2 tablespoons	diced water chestnuts (drain if canned)	1/2 cup

Sauté until onions are straw color. Stir several times. Cover and simmer over low heat 10 minutes.

Add:	2 cups	chicken stock	2 quarts
	1/4 teaspoon	salt	1 teaspoon

Cover and simmer slowly 25 minutes.

Blend:	2 tablespoons	corn starch	1/2 cup
	2 tablespoons	water	1/2 cup

Stir into pork mixture. Cook (stir constantly) until mixture thickens.

Stir in:	1-1/2 tablespoons	soy sauce	1/3 cup

Serve over Taiwan Pilaf, page 65.

ROKA WURLD WHEAT BURGERS

	6 servings	*Ingredients*	*25 servings*
Blend:	1	egg, slightly beaten	4
	3/8 cup	milk	1-1/2 cup
	1-1/2 teaspoons	Worcestershire sauce	2 tablespoons
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	2 cups	*cooked WURLD wheat	2 quarts
	1 pound	ground beef	4 pounds

Shape into 8 patties. Brown on both sides in a heavy skillet to desired stage of doneness. Remove from skillet and keep warm.

Brown lightly in hamburger drippings:	1 can (2 ounces)	mushrooms, drained	4 cans (2 ounces each)
	3 tablespoons	chopped onions	3/4 cup
Blend:	3 ounces	bleu cheese	12 ounces
	3 tablespoons	flour	3/4 cup
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
Remove from heat and stir in:	1 cup	mushroom liquor plus enough milk to make	1 quart
	1/2 cup	half and half (milk and cream	2 cups

Return to heat and stir constantly until mixture thickens and comes to a boil.

Stir in:	3 tablespoons	sherry (optional)	3/4 cup

Serve each WURLD wheat burger on half a toasted hamburger bun and top with sauce. Garnish each with mushroom slice and sprig of parsley.

SCALLOPED WURLD WHEAT WITH WIENERS

	6 servings	*Ingredients*	*25 servings*
Blend in shallow baking dish:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1	egg, slightly beaten	4
	2 tablespoons	chopped onion	1/2 cup
	1 can (10-1/2 ounces)	condensed cream of mushroom soup	4 cans (10-1/2 ounces each)
	1/2 teaspoon	salt	2 teaspoons
	3/4 cup	milk	3 cups

Bake in moderate oven, 350°F., until mixture is partially set, about 30 minutes.

Top with:	6	wieners	25

Brush wieners with melted margarine or oil. Continue baking until wieners are lightly browned, 15 to 20 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

SCOTCH HAGGIS WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Simmer in water to cover 1-1/2 hours:	3	lamb hearts	12
	1 pound	lamb liver	4 pounds
Cool and put through food grinder.			
Add:	1/2 pound	minced suet	2 pounds
	1 cup	*WURLD wheat	1 quart
	1/2 cup	chopped onions	2 cups
	3 teaspoons	salt	3 tablespoons
	2 cups	meat broth or bouillon	2 quarts

Mix well and steam 3 hours in covered pudding mold.

*Bulgur may be substituted for the WURLD wheat.

SHRIMP AND WURLD WHEAT ST. JACQUES

	6 servings	*Ingredients*	*25 servings*
Layer in shallow baking dish:	3 cups	*cooked WURLD wheat	3 quarts
Top with:	1 pound	cooked shrimp (peeled and cleaned)	4 pounds
Sprinkle over shrimp:	1 tablespoon	lemon juice	1/4 cup
	2 tablespoons	white wine	1/2 cup
	2 tablespoons	chopped parsley	1/2 cup
Heat in heavy skillet:	3 tablespoons	butter or margarine	3/4 cup
Add:	2 tablespoons	chopped onion	1/2 cup
	1 cup	sliced mushrooms	1 quart
Sauté until onion is straw color.			
Blend in:	3 tablespoons	flour	3/4 cup
	1 teaspoon	salt	4 teaspoons
Remove from heat and stir in:	1 cup	milk	1 quart
	1 cup	half and half (milk and cream)	1 quart

Return to heat and stir constantly until mixture thickens and comes to a boil. Pour sauce over shrimp and WURLD wheat.

Sprinkle with: grated Parmesan cheese

Bake uncovered in moderate oven, 350°F., 25 to 30 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

STUFFED BEAN CURD ROLLS

	6 servings	*Ingredients*	*25 servings*
Combine:	3/4 cup	*WURLD wheat	3 cups
	1-1/2 cups	water	1-1/2 quarts
	1/4 teaspoon	salt	1 teaspoon

Cover and bring to boil; reduce heat and simmer about 15 minutes.

Stir:	3 tablespoons	vinegar	3/4 cup
	1-1/2 tablespoons	sugar	1/3 cup
	3	green onions, minced	12
	1/2 cup	**diced fish cake	2 cups
Combine:	1-1/2 cups	beef or chicken stock	1-1/2 quarts
	1/4 cup	soy sauce	1 cup
	2 teaspoons	sugar	3 tablespoons
	1 tablespoon	wine	1/4 cup
	1/2 teaspoon	monosodium glutamate	2 teaspoons

Bring to a simmer.

Cut in halves:	6	bean curd rolls	25

Place in the hot sauce just long enough to soften. Remove from sauce. Stuff the rolls with the WURLD wheat mixture. Place in the sauce and simmer for 10 minutes. Pour remaining sauce over the stuffed rolls as they are served.

*Bulgur may be substituted for the WURLD wheat.

**The fish cake may be replaced with shrimp, fish, chicken, ham or pork.

STUFFED CHINESE CABBAGE

	6 servings	*Ingredients*	*25 servings*
Wilt in hot water:	12	Chinese cabbage leaves	50
Blend:	4 ounces	chopped cooked ham	1 pound
	1 cup	*cooked WURLD wheat	1 quart
	1/2 cup	minced water chestnut	2 cups
	1/4 cup	chopped onion	1 cup
	1 tablespoon	soy sauce	1/4 cup

Cut off thin ends of cabbage leaves leaving about 6 inches of leaf. Shred cut-off portions and save.

Place stuffing on each leaf. Roll or fold. Make slit in top of each.

Combine:	1-1/2 cups	water used to wilt cabbage	1-1/2 quarts
	2 tablespoons	soy sauce	1/2 cup
	2 teaspoons	sugar	3 tablespoons
	1/4 teaspoon	salt	1 teaspoon
	1/2 teaspoon	monosodium glutamate	2 teaspoons
	2 teaspoons	corn starch	3 tablespoons

Add shredded cabbage. Place stuffed cabbage rolls on top. Cover and simmer 25 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

TAHITIAN CHICKEN

Bone and skin: 3 chicken breasts
Cut lengthwise in halves.
Skin: 6 chicken thighs
Melt in heavy skillet: 2 tablespoons butter
2 tablespoons oil
Add chicken pieces; brown lightly on all sides.
Blend: 3/4 cup white wine
1 tablespoon lemon juice
2 tablespoons orange marmalade
1/2 teaspoon salt
1/2 teaspoon tarragon
Pour over chicken; cover pan, reduce heat and simmer gently until chicken is tender. Turn pieces about half-way through the simmer period to permit uniform exposure to the marinade. Transfer chicken pieces to heated serving dish.
Add to juices in pan: 1/2 cup chicken broth or bouillon
1/2 cup half and half
1 can (6 ounces) sliced mushrooms
Heat.
Stir in blend of: 2 tablespoons flour
2 tablespoons cold water
Heat to boiling. Pour over chicken pieces. Serve with Grape or Raisin Pilaf, pages 64 and 65. Makes 6 to 8 servings.

TUNA AND WURLD WHEAT SCALLOP

	6 servings	*Ingredients*	*25 servings*
Heat:	1 tablespoon	butter or margarine	1/4 cup
Add:	2 tablespoons	chopped onion	1/2 cup
Sauté over moderate heat until onion is straw color.			
Blend in baking dish with:	2 cups	*cooked WURLD wheat	2 quarts
	1 cup	condensed cream of mushroom soup	1 quart
	1 can (6 ounces)	tuna fish	4 cans (6 ounces each)
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	2	eggs, slightly beaten	8
Top with mixture of:	1/3 cup	crisp cracker crumbs	1-1/3 cups
	1 tablespoon	melted butter or margarine	1/4 cup
Sprinkle with:		paprika	

Bake in moderate oven, 350°F., 30 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

TURKEY a la KING WITH WURLD WHEAT BISCUITS

	6 servings	*Ingredients*	*25 servings*
Heat:	3 tablespoons	chicken fat or butter	3/4 cup
Blend in:	3 tablespoons	flour	3/4 cup
	1-1/4 teaspoons	salt	5 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
Remove from heat and stir in:	1-1/4 cups	milk	1-1/4 quarts
	1 cup	chicken stock	1 quart

Return to moderate heat. Cook (stir constantly) until mixture thickens.

Add:	2-1/2 cups	diced turkey	2-1/2 quarts
	1/4 cup	chopped green bell pepper	1 cup
	1/4 cup	pimiento, cut in thin strips	1 cup

Reheat. Serve over split WURLD Wheat Baking Powder Biscuits, page 79.

TURKEY AND WURLD WHEAT SCALLOP

	6 servings	*Ingredients*	*25 servings*
Heat:	1 tablespoon	chicken fat or butter	1/4 cup
Add:	2 tablespoons	chopped onion	1/2 cup

Sauté over moderate heat until onion is straw color.

Blend in:	2 tablespoons	flour	1/2 cup
	3/4 teaspoon	salt	1 tablespoon
	1/8 teaspoon	pepper	1/2 teaspoon
Remove from heat and stir in:	3/4 cup	chicken stock	3 cups
	3/4 cup	milk	3 cups

Return to heat. Cook (stir constantly) until mixture thickens.

Stir in:	2 cups	*cooked WURLD wheat	2 quarts
	2-1/2 cups	diced turkey (or chicken)	2-1/2 quarts

Turn into baking dish.

Top with mixture of:	1/3 cup	crisp cracker crumbs	1-1/3 cups
	1 tablespoon	melted butter	1/4 cup
Sprinkle with:		paprika	

Bake in moderate oven, 350°F., 30 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

TURKEY SUPRÊME WITH PILAF AMANDINE

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	5 tablespoons	butter or chicken fat	1-1/4 cups
Add:	1/3 cup	chopped onions	1-1/3 cups
	1 cup	sliced fresh mushrooms or	1 quart
	1 can (4 ounces)	sliced mushrooms, drained	4 cans (4 ounces each)

Simmer over moderate heat until onions are straw color.

Blend in:	6 tablespoons	flour	1-1/2 cups
Remove from heat and stir in:	1-1/2 cups	chicken or turkey stock	1-1/2 quarts
	1 cup	half and half (milk and cream)	1 quart
	1 teaspoon	seasoned salt	4 teaspoons
	1/4 teaspoon	salt	1 teaspoon
	1/4 teaspoon	pepper	1 teaspoon

Return to heat and stir constantly until mixture thickens and comes to a boil. Simmer gently 2 minutes.

Add:	2-1/2 cups	diced turkey	2-1/2 quarts

Reheat. Serve with Pilaf Amandine, page 66.

UIEN MET AARDAPPELEN, WURLD WHEAT EN VERSE WORST -- DUTCH STEW

	6 servings	*Ingredients*	*25 servings*
Sauté in heavy skillet over moderate heat:	1/2 pound	sausage cut in 1/2-inch lengths	2 pounds
	2-1/2 cups	chopped onions	2-1/2 quarts
Cook until onions are straw color.			
Add:	1 quart	water	4 quarts
	1-3/4 cups	potatoes, peeled and diced	7 cups
	1-1/4 teaspoons	salt	4 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1 cup	*WURLD wheat	1 quart

Cover and simmer over low heat until potatoes are tender, about 1/2 hour. Stir occasionally. Just before serving, stir in 1 to 2 tablespoons vinegar for 6 servings; 1/4 to 1/2 cup for 25 servings.

*Bulgur may be substituted for the WURLD wheat.

VEAL BIRDS WITH WURLD WHEAT STUFFING

	6 servings	*Ingredients*	*25 servings*
Cut into 12 squares:	2 pounds	veal cutlet	8 pounds
Pound each square very thin with mallet or edge of plate.			
Blend:	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	3/4 cup	minced parsley	3 cups
	2 tablespoons	melted butter or margarine	1/2 cup
	1/2 teaspoon	salt	2 teaspoons
	1/4 teaspoon	pepper	1 tsp.
Place mound of stuffing on each portion of veal. Roll up and fasten with toothpick or string.			
Roll each veal bird in:		flour	
Heat in heavy skillet:	3 tablespoons	fat or oil	3/4 cup
Sauté veal birds over moderate heat until brown on all sides.			
Add:	1 cup	canned bouillon or water	1 quart

Cover and simmer slowly until tender, about 45 minutes. Remove veal birds to serving dish. Make brown gravy from drippings and serve over veal birds.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

VEAL SAUTERNE WITH WURLD WHEAT DUMPLINGS

	6 servings	*Ingredients*	*25 servings*
Sprinkle:	2 pounds	veal cutlet (1/4-in. thick)	8 pounds
With:		grated Parmesan cheese	

Rub cheese well into cutlets. Turn cutlets and repeat on other side.
Cut veal into 1 X 2-in. strips.

Heat in heavy skillet:	1/4 cup	salad oil	1 cup
	1 clove	garlic	4 cloves

Brown veal strips on both sides. Remove from skillet. Discard garlic.

With oil remaining in skillet, blend:	3 tablespoons	flour	3/4 cup
Remove from heat and slowly stir in:	1-3/4 cups	canned beef bouillon	1-3/4 quarts
	1/2 cup	sauterne or chablis	2 cups
	1 can (4 ounces)	sliced mushrooms	4 cans (4 ounces each)
	2 tablespoons	chopped onions	1/2 cup
	1/2 teaspoon	salt	2 teaspoons
	1/4 teaspoon	pepper	1 teaspoon

Cook over low heat (stir constantly) until mixture thickens. Add veal, cover, and simmer gently about 20 minutes. Add WURLD Wheat Dumplings, page 69, cover and continue to simmer 25 to 30 minutes.

VIENNESE CHICKEN DINNER

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	1/2-in depth	shortening or oil	1/2-in. depth
Cut into serving pieces:	1 (3 pound)	frying chicken	4 (3 pound each)
Shake in paper bag with:	1/2 teaspoon	salt	2 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1/2 cup	flour	2 cups

Fry over moderate heat until tender and golden brown on all sides. If crisp crust is desired, cover pan during first half of cooking, then uncover. If soft crust is desired, cover pan during most of cooking. When chicken is done, remove to hot platter.

Pour off all but 2 tablespoons of the fat for 6 servings; 1/2 cup for 25 servings.

Add:	1/4 cup	chopped onion	1 cup

Sauté until straw color.

Stir in:	1 cup	thick sour cream	1 quart
	1 tablespoon	paprika	1/4 cup
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon

Bring to boil. Pour sauce over chicken. Serve with Pilaf Amandine, page 66.

WURLD WHEAT AND KIDNEY BEAN SOUL DISH

	6 servings	*Ingredients*	*25 servings*
Blend in 1-1/2 quart casserole:	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	1-1/2 cups	cooked or canned kidney beans	1-1/2 quarts
	2/3 cup	condensed tomato soup	2-2/3 cups
	1/2 cup	diced green pepper	2 cups
	3/4 cup	water or meat stock	3 cups
	3 tablespoons	diced pimiento	3/4 cup
	1/2 teaspoon	chili powder	2 teaspoons
	1/2 teaspoon	salt	2 teaspoons
	1 tablespoon	crushed hot red pepper	1/4 to 1/2 cup
	1 to 2 tablespoons	minced onion	1/4 to 1/2 cup
	1/2 teaspoon	sage	2 teaspoon
	3/4 cup	diced salt pork, bacon, or cooked ham	3 cups

Cover and bake in slow oven, 325°F., 45 minutes. Remove cover and continue baking about 40 minutes.

WURLD WHEAT AND VEGETABLE SOUL DISH

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	bacon fat	1/2 cup
Add:	1/2 cup	chopped scallions	2 cups
	1 cup	okra, sliced	1 quart
	1/4 cup	chopped hot red peppers	1 cup
Sauté over moderate heat 5 to 10 minutes.			
Add:	1-1/2 cups	chopped or canned tomatoes	1-1/2 quarts
	1-1/2 teaspoons	sugar	2 tablespoons
	1 teaspoon	salt	4 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1/2 teaspoon	sage	2 teaspoons
	few grains	cayenne pepper	dash
Bring to boil; reduce heat, cover and simmer for 10 minutes.			
Add:	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	1 cup	fresh corn cut from the cob	1 quart

Continue to simmer about 5 minutes or until corn is cooked. Add a little water if needed.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT CHICKEN PATTIES

	6 servings	*Ingredients*	*25 servings*
Heat:	1 tablespoon	cooking oil or butter oil	1/4 cup
Add:	1/4 cup	chopped onion	1 cup
Sauté until onion is straw color.			
Blend:	2 cups	*cooked WURLD wheat	2 quarts
	3-1/2 tablespoons	flour	3/4 cup
	1 cup	**diced cooked chicken	1 quart
	1	egg, slightly beaten	4
	1 teaspoon	salt	3 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/4 cup	water	3/4 cup
Shape into patties, 1/3 cup each.			
Combine:	1	egg, slightly beaten	4
	1/2 cup	milk	2 cups
Prepare:	1 cup	cracker crumbs	1 quart

Dip each patty first in egg mixture, then in cracker crumbs. Fry in cooking oil or butter oil until lightly browned on each side. Serve with white sauce, Mock Tarter Sauce, page 98, or Filipino Tomato Sauce, page 98.

WURLD WHEAT MEAT LOAF

Blend:

*2-1/2 cups cooked WURLD wheat
1 egg
1-1/4 cups milk
2 teaspoons salt
1/4 teaspoon pepper
1/4 to 1/2 cup chopped onion
1/4 cup ketchup
2 pounds ground beef

Turn into loaf pan or shape into loaf in shallow baking dish. If you wish, spread surface with thin layer of ketchup. Bake in moderate oven, 325°F., about 1 hour or until browned. Makes 10 to 12 servings.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

**Diced pork, beef, shrimp, tuna fish, or other varieties of fish may be substituted for the diced chicken.

WURLD WHEAT PATTIES

	6 servings	*Ingredients*	*25 servings*
Heat in skillet:	1 tablespoon	butter or margarine	1/4 cup
Add:	3 tablespoons	chopped onion	3/4 cup
Sauté until onions are straw color.			
Add:	1/2 teaspoon	salt	2 teaspoons
	2 cups	water	2 quarts
	1-1/8 cups	*WURLD wheat	1-1/8 quarts
Cover and simmer over low heat until water is almost absorbed, 10 to 15 minutes; stir. Cover and let stand 15 minutes to fluff.			
Blend in:	2/3 cup	condensed cream of chicken (or mushroom) soup	3 cups
	1 teaspoon	salt	4 teaspoons
	1/8 teaspoon	white pepper	1/2 teaspoon
	1	egg	4
	1-1/2 cups	finely diced chicken (or left-over diced meat, poultry or fish)	1-1/2 quarts
Form into patties.			
Dip each patty in:		beaten egg	
Then dip in:		crisp cracker crumbs	
Sauté in butter or margarine until golden brown on each side.			
Thin remainder of canned soup to sauce consistency with milk or chicken stock and serve over patties.			

*Bulgur may be substituted for the WURLD wheat.

WURLD WHEAT PIZZA

Pizza Sauce

Heat: 2 tablespoons oil

Add:
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1/4 cup sliced mushrooms (drained, if canned)
1/4 teaspoon minced garlic
1/4 pound Italian sausage, thinly sliced
3/4 pound lean ground beef

Sauté over moderate heat until onions are straw color.

Add:
1 can (6-ounces) tomato purée
3 cups tomato sauce
3 cups water
2 tablespoons grated Parmesan cheese
snip of bay leaf
1/4 teaspoon pepper
1 teaspoon salt
3/4 teaspoon oregano

Cover and simmer slowly 45 minutes. Uncover and continue to simmer slowly 45 minutes.

Pizza Dough

Combine:
*1/2 cup WURLD wheat
1-3/4 cups water

Cover and bring to simmer. Simmer 15 minutes or until most of liquid is absorbed. Cool to lukewarm.

Blend:
1 package (1/4 ounce) active dry yeast
1/4 cup lukewarm water

Sift together:
2-1/2 cups flour
1 teaspoon salt

Add: 1 tablespoon oil

Stir in cooked WURLD wheat and yeast mixture. Mix thoroughly (until dough leaves sides of bowl). Lightly oil surface of dough, cover and let rise in warm place, about 85°F., until double in volume, about 1-1/2 hours. Divide dough in half. Roll each half into circle to fit 12-inch pizza pan. Brush surface lightly with oil. Let rise in warm place about 20 minutes.

Finished Pizza

Arrange on surface of pizza crust: slices of mozzarella cheese

Top with layer of sauce.

Sprinkle with: grated Parmesan cheese

Bake in moderately hot oven, 375°F., 35 to 40 minutes.

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*Bulgur may be substituted for the WURLD wheat.

WURLD WHEAT SALMON LOAF

	6 servings	*Ingredients*	*25 servings*
Blend:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1 can (16 ounces)	salmon, drained	4 cans (16 ounces each)
	2	eggs	8
	1/2 cup	liquid (salmon liquid plus milk)	2 cups
	2 tablespoons	lemon juice	1/2 cup
	2 tablespoons	pickle relish	1/2 cup
	1/4 cup	chopped onion	1 cup
	1/4 teaspoon	salt	1 teaspoon
	1/4 teaspoon	pepper	1 teaspoon

Turn into loaf pan and bake in moderate oven, 350°F., 3/4 to 1 hour.

WURLD WHEAT STUFFED PEPPERS

	6 servings	*Ingredients*	*25 servings*
Blend:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1/2 pound	ground fresh or left-over meat or sausage	2 pounds
	1 cup	meat or chicken stock or canned bouillon	1 quart
	1/2 teaspoon	salt	2 teaspoons
	1 teaspoon	seasoned salt	4 teaspoons
	1/4 teaspoon	Worcestershire sauce	1 teaspoon
	1/4 teaspoon	pepper	1 teaspoon
Cut in half lengthwise, remove all seeds and white portions of:	3	green or red bell peppers	13

Place in shallow baking dish. Fill pepper halves with WURLD wheat mixture.

Mix and pour over stuffed peppers:	3/4 cup	tomato purée	3 cups
	3/4 cup	meat stock or canned bouillon	3 cups

Cover and bake in moderately hot oven, 375°F., 30 minutes. Remove cover and continue baking for 40 minutes.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT SWEDISH CABBAGE ROLLS

	6 servings	*Ingredients*	*25 servings*
Wilt 5 to 10 minutes in hot water:	12	large cabbage leaves	50
Heat in heavy skillet:	3 tablespoons	margarine or drippings	3/4 cup
Add:	1/2 cup	chopped onion	2 cups
	1/2 pound	ground beef, veal, or pork	2 pounds

Sauté over moderate heat until lightly browned.

Add:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1/2 teaspoon	salt	2 teaspoons
	1 teaspoon	seasoned salt	4 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1/4 teaspoon	mace	1 teaspoon
	1 teaspoon	Worcestershire sauce	4 teaspoons
	3/4 cup	meat or chicken stock	3 cups

Cover and cook over medium heat until liquid is absorbed. Mark mixture into 12 parts for 6 servings; 50 parts for 25 servings. Mound 1 part on each cabbage leaf. Roll up leaves starting with thick end and secure with toothpicks. Place rolls, sealed side down, in shallow baking dish.

Pour over rolls:	1 cup	beef stock or tomato purée or mixture of both	1 quart

Sprinkle each roll with seasoned salt and dot with butter or margarine. Cover and bake in moderate oven, 375°F., for 45 minutes. Uncover and continue baking until cabbage is very tender, about 45 minutes. Baste several times.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT SWEDISH MEAT BALLS

Blend:	*2-1/2 cups cooked WURLD wheat
	2 eggs
	1 cup milk
	3 tablespoons minced onion
	1/4 teaspoon nutmeg
	1-1/2 teaspoon salt
	1 teaspoon Worcestershire sauce
	2 pounds ground beef

Form into balls about 1-1/2-in. in diameter. Roll balls in seasoned flour.

Heat in large skillet:	1/3 cup butter or bacon drippings

Add meat balls and sauté over moderate heat until lightly browned on all sides. Remove to serving dish.

Blend with drippings in skillet:	2 tablespoons flour
Remove from heat and stir in:	1 cup meat stock or canned consommé
	1 cup sour cream

Return to heat (stir constantly) until mixture thickens and comes to a boil. Season to taste with salt, pepper, and if you wish, a little Worcestershire sauce and sherry. Pour over meat balls. Makes 12 to 16 servings.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT TAMALE PIE

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	oil	1/2 cup
Add:	2 tablespoons	chopped onion	1/2 cup
	2 tablespoons	chopped green bell pepper	1/2 cup
	3/4 pound	ground beef	3 pounds

Sauté until onions are straw color.

Blend in:	3/4 cup	canned corn	3 cups
	1/3 cup	chopped ripe olives	1-1/3 cups
	3/4 cup	*WURLD wheat	3-1/3 cups
	1-1/2 cups	canned tomatoes	1-1/2 quarts
	1/3 cup	water	1-1/3 cups
	2 teaspoons	lemon juice	3 tablespoons
	1 teaspoon	salt	4 teaspoons
	2 teaspoons	chili powder	2 to 3 tablespoons

Cover tightly. Bake in moderate oven, 350°F., 1 hour. Stir every 15 minutes.

*Bulgur may be substituted for the WURLD wheat.

WURLD WHEAT TURKEY HASH

	6 servings	*Ingredients*	*25 servings*
Heat in saucepan:	1-1/2 tablespoons	chicken fat	1/3 cup
Add:	2 tablespoons	chopped onion	1/2 cup
Simmer for 3 to 4 minutes.			
Blend in:	2 tablespoons	all-purpose flour	1/2 cup
	1 teaspoon	salt	4 teaspoons
	1/2 teaspoon	seasoned salt	2 teaspoons
	1/8 teaspoon	white pepper	1/2 teaspoon
Remove from heat and stir in:	1/2 cup	heavy cream	1 pint
	1-1/2 cups	chicken stock	1-1/2 quarts
Return to moderate heat (stir constantly) until mixture thickens and comes to a boil.			
Remove from heat and stir in:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	3 cups	finely chopped turkey	3 quarts
	1/2 cup	finely chopped toasted almonds	2 cups
	2 tablespoons	sherry	1/2 cup

Turn into shallow baking dish. Top with Parmesan cheese and buttered crisp cracker crumbs. Bake in moderate oven, 350°F., 30 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT WITH ITALIAN MEAT SAUCE

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	1/4 cup	oil	1 cup
Add:	1/2 pound	sausages cut in 1/2-in. lengths	2 pounds
	1/2 pound	ground beef	2 pounds
	3/4 cup	chopped onion	3 cups
	1/4 pound	sliced mushrooms	1 pound
	1 cup	thinly sliced celery	1 quart
Sauté over medium heat until meat and vegetables are lightly browned. Stir occasionally.			
Stir in:	2 cloves	garlic, finely minced	8 cloves
	2 cups	tomato purée	2 quarts
	1 cup	consommé or water	1 quart
	1/4 teaspoon	pepper	1 teaspoon
	1-1/2 teaspoon	salt	2 tablespoons
	pinch	ground cloves	dash
	1/4 teaspoon	basil	1 teaspoon
	1-inch snip	bay leaf	4-inch snip

Cover and bring to boil. Reduce heat and simmer (stir occasionally) until mixture is thickened, 40 to 45 minutes. Prepare WURLD wheat according to directions on page 1. Top with meat sauce and serve.

STUFFING FOR CHINESE MANTOU OR DUMPLINGS

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	lard	1/2 cup
Dip:	4 ounces	pork, diced	1 pound
in:		soy sauce	
then in:		corn starch	

Sauté in the lard for about 7 minutes stirring to brown evenly.

Add:	1/4 cup	chopped water chestnuts	1 cup
	1/4 cup	chopped mushrooms	1 cup
	1/4 cup	chopped bamboo shoot	1 cup
	1/2 cup	chopped onion	2 cups
	1/2 teaspoon	minced ginger	2 teaspoons

Sauté and stir for about 5 minutes.

Add:	1 tablespoon	soy sauce	1/4 cup
	1 teaspoon	sugar	4 teaspoons
	1/4 teaspoon	salt	1 teaspoon
	1/4 teaspoon	monosodium glutamate	1 teaspoon
	1 cup	water	1 quart
	1 cup	*cooked WURLD wheat	1 quart

Stir and heat for about 5 minutes. May be used to stuff Chinese Mantou, page 78 or WURLD Wheat Dumplings, page 69.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

MEDITERRANEAN PINE NUT-CURRANT AND WURLD WHEAT STUFFING

Heat in skillet: 1 tablespoon butter or margarine
Add: 1 cup chopped onion
Sauté over moderate heat until onions are straw color.
Add: *1 cup WURLD wheat
1/2 cup chopped green bell pepper
2 tablespoons chopped parsley
1/2 teaspoon allspice
1/4 teaspoon cinnamon
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon pine nuts
1 to 2 tablespoons currants
2 cups water or lamb broth
Cover and simmer until water is absorbed, 20 to 25 minutes.
Cut a pocket in: 3- to 4-pound rack of lamb
Fill pocket with WURLD wheat mixture and fasten with skewers or sew.
Makes 6 to 8 servings.

*Bulgur may be substituted for the WURLD wheat.

WURLD WHEAT STUFFING FOR POULTRY, MEAT OR GAME

Heat in heavy skillet:	1/3 cup butter or margarine
Add:	1/3 cup chopped onion
	1/3 cup chopped celery
	1/3 cup diced tart green apple, peeled and cored
	giblets, chopped
Sauté over moderate heat	until onions are straw color.
Blend in:	2-1/2 cups *cooked WURLD wheat
	1/3 cup slivered blanched almonds
	1/2 teaspoon salt
	1/8 teaspoon pepper
	1/2 teaspoon poultry seasoning

Makes 4 cups dressing.

*Cooked bulgur may be substituted for the WURLD wheat.

Variations

1. APPLE-PRUNE STUFFING (FOR DUCK OR GOOSE)

Omit almonds. Reduce WURLD wheat to 1-1/2 cups. Add 1-1/2 cups diced tart apple, 1 cup chopped cooked prunes, and 1 to 2 tablespoons brown sugar.

2. APRICOT-PINEAPPLE STUFFING (FOR DUCK OR GOOSE)

Omit almonds. Reduce WURLD wheat to 2 cups. Add 3/4 cup diced dried apricots and 1/2 cup drained canned crushed pineapple.

3. CHESTNUT STUFFING

Omit almonds. Boil and peel 1/2 pound chestnuts. Chop coarsely and add to stuffing mixture.

4. NORWEGIAN RAISIN-NUT STUFFING

Omit almonds. Add 1/2 cup raisins and 1/2 cup chopped cashews or walnuts.

PILAF STUFFING FOR POULTRY, MEAT, OR GAME

Use any of the pilaf recipes on this page for stuffing poultry, meat or game. Add 1/4 to 1/3 cup chopped nuts.

ARMENIAN PILAF

	4-6 servings	*Ingredients*	*20-25 servings*
Heat in heavy skillet:	2 tablespoons	butter or margarine	1/2 cup
Add:	3 tablespoons	chopped onion	3/4 cup
	1/2 cup	vermicelli	2 cups

Sauté until onion and vermicelli are lightly browned.

Add:	1 cup	*WURLD wheat	1 quart
	2 cups	chicken stock	2 quarts
	3/4 teaspoon	salt	1 tablespoon
	1/8 teaspoon	pepper	1/2 teaspoon

Cover and bring to simmer over moderate heat. Reduce heat and cook at low simmer for 10 minutes. Stir. Turn off heat and let stand 15 minutes to fluff.

*Bulgur may be substituted for the WURLD wheat.

BOSTON BAKED WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Blend in 1-1/2 quart casserole:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	2/3 cup	condensed tomato soup	2-2/3 cups
	3 tablespoons	molasses	3/4 cup
	3/4 cup	water or beef or ham stock	3 cups
	3 tablespoons	brown sugar	3/4 cup
	1/2 teaspoon	dry mustard	2 teaspoons
	1/2 teaspoon	salt	2 teaspoons
	1 to 2 tablespoons	minced onion	1/4 to 1/2 cup
	1 teaspoon	Worcestershire sauce	4 teaspoons
Cut in strips 1/2 inch thick:	1 to 2 ounces	salt pork or bacon	4 to 8 ounces

Press lengthwise into surface of bulgur mixture. Cover and bake in slow oven, 325°F., 45 minutes. Remove cover and continue baking about 40 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

CHINESE FRIED WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Beat:	2	eggs	8
Fry in thin layer in small amount of oil. Cut in strips.			
Heat:	1/2 cup	oil	1-1/2 cups
Add:	1/4 pound	ham, diced	1 pound
	1/4 pound	chicken, diced	1 pound
Sauté 10 minutes stirring frequently.			
Add:	1/2 cup	shredded bamboo shoots	2 cups
	1/2 cup	chopped onion	2 cups
	6	dried mushrooms soaked and chopped	2 dozen
	1/2 cup	diced water chestnuts	2 cups
	2 ounces	fish cake, diced	8 ounces
Sauté for 10 minutes. Stir frequently.			
Add:	1 tablespoon	soy sauce	1/4 cup
	1 teaspoon	salt	4 teaspoons
	1/2 teaspoon	monosodium glutamate	2 teaspoons
	3 cups	*cooked WURLD wheat	3 quarts
Continue to cook and stir well for about 5 minutes. Stir in the shredded fried eggs.			

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

COCONUT PILAF

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	cooking oil or butter oil	1/2 cup
	3 segments	garlic, crushed	12 segments
Sauté until garlic is lightly browned.			
Add:	1/2 cup	chopped onion	2 cups
	1/2 cup	grated coconut	2 cups
Sauté until onion is straw color.			
Add:	1-1/8 cups	*WURLD wheat	4-1/2 cups
	1 cup	chicken stock	4 cups
	1 cup	**coconut milk	4 cups
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
Cover and bring to a simmer over moderate heat. Reduce heat and cook at low simmer for 10 minutes. Stir. Cover. Turn off heat and let stand 15 minutes to fluff.			

*1 cup bulgur may be substituted for the WURLD wheat.

**See footnote, page 11.

Variations

1. COCONUT RAISIN PILAF

Add 1/3 cup raisins for 6 servings and 1-1/3 cups for 25 servings with the WURLD wheat.

2. PINEAPPLE RAISIN PILAF

Omit grated coconut; substitute 1 cup pineapple juice for the 1 cup coconut milk; add 1/2 cup raisins for 6 servings and 2 cups for 25 servings with the WURLD wheat.

FILIPINO WURLD WHEAT PANCIT PILAF

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	butter oil or cooking oil	1/2 cup
Add:	1 teaspoon	crushed garlic	4 teaspoons
Sauté until garlic is browned.			
Add:	1/4 cup	chopped onion	1 cup
Sauté until onion is straw color.			
Add:	1/3 cup	pancit Canton	1-1/4 cups
	1-1/8 cups	*WURLD wheat	4-1/2 cups
	2 cups	chicken stock	7 cups
	1-1/2 teaspoons	patis	2 tablespoons
	1/2 teaspoon	salt	1-1/2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon

Cover and bring to simmer over moderate heat. Reduce heat and cook at low simmer 10 minutes. Stir. Cover and let stand for 15 minutes to fluff.

*1 cup bulgur may be substituted for the 1-1/8 cups WURLD wheat for 6 servings and 4 cups for the 25 servings.

Variation

1. INDONESIAN YELLOW WURLD WHEAT

Omit pancit Canton and patis. Add 1/2 teaspoon turmeric with the salt and pepper.

PILAF -- CHICKEN FLAVORED

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	2 tablespoons	butter or margarine	1/2 cup
Add:	3 tablespoons	chopped onion	3/4 cup
Sauté until onions are straw color.			
Add:	1-1/8 cups	*WURLD wheat	4-1/2 cups
	2 cups	chicken stock	2 quarts
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon

Cover and bring to simmer over moderate heat. Reduce heat and cook at low simmer for 10 minutes. Stir. Cover. Turn off heat and let stand 15 minutes to fluff.

*1 cup bulgur may be substituted for 1-1/8 cups WURLD wheat.

Variations

1. GRAPE PILAF

Add 1 cup small seedless green grapes which have been lightly fried in 2 tablespoons butter as garnish for the cooked pilaf.

2. PILAF -- BEEF FLAVORED

Substitute beef stock or canned bouillon for the chicken stock. Add 1 teaspoon Worcestershire sauce for 6 servings; 4 teaspoons for 25 servings.

3. PILAF -- FINES HERBES

Add 1/4 teaspoon fines herbes to Chicken-Flavored Pilaf at beginning of cooking for 6 servings; 1 teaspoon for 25 servings.

4. PARMESAN PILAF

Increase onion to 1/4 cup and add with it 1/4 teaspoon minced garlic. When cooking is completed stir in 1/3 cup Parmesan cheese and 1 tablespoon minced parsley for 6 servings. For 25 servings, increase onion to 1 cup, garlic to 1 teaspoon and cheese to 1-1/3 cups.

5. PINK PILAF

Use 1 cup tomato juice, 1 cup chicken stock, 1/4 cup water in place of the 2 cups chicken stock for 6 servings; 1 quart tomato juice, 1 quart chicken stock, and 1 cup water for 25 servings.

6. RAISIN PILAF

Add 2/3 cup raisins with the WURLD wheat for 6 servings, 2-2/3 cups for 25 servings.

7. TAIWAN PILAF

When cooking is completed stir in 1 to 2 tablespoons soy sauce for 6 servings; 1/4 to 1/2 cup for 25 servings.

PILAF à l'ORANGE

	6 servings	*Ingredients*	*25 servings*
Heat in saucepan or skillet:	2 tablespoons	butter or margarine	1/2 cup
	1/3 cup	chopped onion	1-1/3 cups
Sauté over moderate heat until onion is straw color.			
Add:	1 cup	orange juice	1 quart
	1-1/4 cups	water	1-1/4 quarts
	1/2 teaspoon	salt	2 teaspoons
	1-1/8 cups	*WURLD wheat	4-1/2 cups
Cover and bring to simmer over moderate heat. Reduce heat and cook at low simmer for 10 minutes.			
Stir in:	1 tablespoon	sugar	1/4 cup
Cover. Turn off heat and let stand for 15 minutes to fluff.			

*1 Cup bulgur may be substituted for 1-1/8 cups WURLD wheat. Cooking directions, page 1.

FRIED WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	2 tablespoons	oil	1/2 cup
Add:	3/4 cup	finely minced onion	3 cups
	1/2 cup	finely minced green bell pepper	2 cups
	1/2 cup	finely minced celery	2 cups
Sauté over moderate heat until onion is straw color.			
Stir in:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
Cover and cook over low heat 15 minutes. Stir occasionally.			
Stir in:	2 tablespoons	soy sauce	1/2 cup

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

PILAF AMANDINE -- 4 to 5 Servings

Cook 1-1/8 cups *WURLD wheat according to directions on page 1. When cooking is completed stir in 1/4 to 1/3 cup butter or margarine. Sprinkle each serving lightly with poppy seeds and 1 to 2 teaspoons chopped toasted almonds.

*1 cup bulgur may be substituted for the WURLD wheat.

PILAF ROMANOFF

	6 servings	*Ingredients*	*25 servings*
Blend in saucepan:	2-3/4 cups	*cooked or soaked WURLD wheat	2-3/4 quarts
	1 cup	sour cream	1 quart
	1 cup	cottage cheese	1 quart
	1 teaspoon	grated onion	4 teaspoons
	3/4 teaspoon	salt	1 tablespoon
	dash	Tabasco sauce	1/4 teaspoon
	1/4 teaspoon	Worcestershire sauce	1-1/4 teaspoons

Cover and cook over low heat, about 10 minutes. Stir several times while heating.

*Cooked or soaked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

QUICKIE PILAFS

Dehydrated soup, or seasoning mixes with chicken, meat, or vegetable flavors offer a variety of ready-to-use seasoning agents for quick pilafs. Readily available on the market are dehydrated onion, mushroom, chicken, beef, chili, soup and salad dressing mixes. Each of these imparts its characteristic flavor to the pilaf.

Prepare 1 cup WURLD wheat or bulgur according to directions on page 1. Add appropriate amounts of the seasoned mix at beginning of cooking. Adjust seasoning to taste with salt, pepper, and seasoned salt. Increase the water by 1/4 to 1/2 cup if the mix contains a starch thickener (cream of mushroom, green pea mix, etc). A cup or more of left-over diced chicken, meat, or fish, or a can of tuna fish may be added for a hearty pilaf entrée. Grated Cheddar cheese or crumbled bleu cheese, or a sprinkling of grated Parmesan cheese offer flavor variations. A tablespoon of bacon drippings adds zest to the green pea soup pilaf. This one is especially good with wieners or ham. Curry (1/8 teaspoon) improves chicken noodle soup pilaf and a pinch of fines herbes enhances the flavor of the vegetable-flavored pilafs.

These quickie pilafs are excellent dishes for camping and mountaineering menus as well as for quick meals at home.

SPANISH PILAF

	6 servings	*Ingredients*	*25 servings*
Sauté in heavy skillet over moderate heat:	4 slices	bacon cut in 1/2-inch strips	25 slices
Cook until bacon begins to brown.			
Add:	1/2 to 3/4 cup	chopped onion	2 to 3 cups
	1/2 cup	chopped celery	2 cups
	1/2 cup	chopped green bell pepper	2 cups
	1 clove	garlic, finely minced	4 to 5 cloves
Continue cooking until onion is straw color.			
Blend in:	1 can (16 ounces)	tomatoes	4 cans (16 ounces each)
	2 cups	water	2 quarts
	1/2 teaspoon	salt	2 teaspoons
	1 teaspoon	seasoned salt	4 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1 teaspoon	sugar	4 teaspoons
	1 teaspoon	Worcestershire sauce	4 teaspoons
	1-1/8 cups	*WURLD wheat	1-1/8 quarts

Cover and bring to simmer over moderate heat. Simmer until most of liquid is absorbed, 10 to 15 minutes. Stir. Cover. Turn off heat. Let stand 15 minutes to fluff.

WURLD WHEAT À LA FILIPINO

	6 servings	*Ingredients*	*25 servings*
Heat:	1/4 cup	oil	1 cup
Add:	1 tablespoon	minced garlic	5 tablespoons
Sauté until garlic is browned.			
Add:	1/2 cup	chopped onion	2 cups
Sauté until onion is straw color.			
Add:	1-1/2 cups	water	6 cups
	3/4 cup	*WURLD wheat	3 cups
Cover and bring to a boil; simmer for 5 minutes.			
Add:	1/4 cup	crab meat	1 cup
	70 grams	shrimp, parboiled, shelled, and cut into pieces	1/4 kilo
	1/3 cup	tullia meat	1-1/2 cups
	1/3 cup	green bell pepper strips	1-1/2 cups
	snip	bayleaf	small leaf
	1-1/2 teaspoons	vetsin	2 tablespoons
	1 tablespoon	toyo	1/4 cup
	1/3 cup	tullia stock	1-1/2 cups

Cover and bring to simmer over moderate heat. Simmer 10 minutes. Stir. Cover. Turn off heat and let stand 15 minutes to fluff. Garnish with fine strips of scrambled egg, additional shrimp, and young onions.

*Bulgur may be substituted for the WURLD wheat.

WURLD WHEAT DUMPLINGS

	6 servings	*Ingredients*	*25 servings*
Combine:	1/2 cup	*WURLD wheat	2 cups
	1-3/4 cups	cold water	1-3/4 quarts
	1/4 teaspoon	salt	1 teaspoon

Cover and bring to simmer; simmer over low heat about 20 minutes or until all water is absorbed.

Sift together:	2 cups	all-purpose flour	2 quarts
	3-1/2 teaspoons	baking powder	4 tablespoons
	1-1/4 teaspoons	salt	5 teaspoons
Add:	3 tablespoons	shortening or butter oil	3/4 cup

Rub into flour mixture. Stir in cooked WURLD wheat.

Stir in:	about 2/3 cup, or enough to make a soft dough	milk	2-2/3 cups

Drop by spoonfuls into steamer or on top of stew mixture. Cover tightly and steam for 25 minutes. Do not remove cover until steamer period is completed.

*Bulgur may be substituted for the WURLD wheat.

WURLD WHEAT SUPRÊME AU GRATIN

	6 servings	*Ingredients*	*25 servings*
Drain and reserve liquid:	1 can (4 ounces)	mushroom stems and pieces	1 large can (1 pound)
Heat in heavy skillet:	3 tablespoons	margarine	3/4 cup
Add:	1/4 cup	chopped onions drained mushrooms	1 cup

Sauté over moderate heat until onions are straw color.

Blend in:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1 teaspoon	seasoned salt	4 teaspoons
	1 teaspoon	Worcestershire sauce	4 teaspoons
	1 to 2 tablespoons	sherry (optional)	1/4 to 1/2 cup
	1-1/3 cups	mushroom liquid plus beef stock or canned beef bouillon	1-1/4 quarts

Turn into 1-1/2 quart casserole.

Grate:	4 ounces	sharp Cheddar cheese	1 pound

Stir two-thirds into WURLD wheat mixture. Sprinkle remaining one-third over surface.

Sprinkle with: paprika

Bake in moderate oven, 350°F., about 30 minutes or until browned and bubbly. Serve as a main course casserole with a vegetable or a crisp salad.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

SALADS

ARMENIAN TABULEE -- AROYMEDA -- SALAD WITH WURLD WHEAT

	6 servings	*Ingredients*	*25 servings*
Combine:	2 cups	boiling water	2 quarts
	1 cup	*WURLD wheat	1 quart

Let stand until all water is absorbed, about 1 hour.

Combine in salad bowl with:	1	cucumber, peeled and diced	4
	2	large tomatoes, diced	8
	4 to 6	green onions, thinly sliced	8 to 12
	1/2 cup	diced green bell pepper	2 cups
	10 to 12	radishes, sliced	20 to 25
	2 to 4 tablespoons	minced parsley	1/2 to 1 cup
	1 tablespoon	finely chopped mint	1/4 cup
	1 teaspoon	salt	4 teaspoons
	1 teaspoon	seasoned salt	4 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1/4 cup	lemon juice	1 cup
	1/2 cup	olive oil	2 cups

Toss until dressing is well distributed.

*Bulgur may be substituted for the WURLD wheat.

FILIPINO PINK WURLD WHEAT SALAD

	6 servings	*Ingredients*	*25 servings*
Blend:	1-1/4 cups	*cooked and cooled WURLD wheat	5 cups
	1/3 cup	pineapple juice	1 cup
Add:	2/3 cup	minced chicken	2-1/2 cups
	1/3 cup	diced pineapple	1-1/3 cups
	1/3 cup	cooked string beans (1/2-inch pieces)	1-1/4 cups
	1/3 cup	diced, cooked carrots	1-1/4 cups
	2/3 cup	diced, cooked potatoes	2-1/2 cups
	1/3 cup	diced, cooked beets	1-1/4 cups
	3/4 cup	mayonnaise	2-1/2 cups
	2 tablespoons	pickle relish	1/2 cup
	3/4 teaspoon	salt	1 tablespoon
	1/3 cup	chopped peanuts	1-1/4 cups

Toss lightly.
Arrange on a bed of greens, and garnish with hard-cooked eggs.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

FILIPINO WURLD WHEAT MIXED SALAD

	6 servings	*Ingredients*	*25 servings*
Combine:	1 cup	*cooked and cooled WURLD wheat	1 quart
	1/4 cup	sliced cucumber	3/4 cup
	1/3 cup	cooked string beans, cut into 1-inch lengths	1-1/2 cups
	1/2 cup	tomatoes, cut in wedges	1-1/2 cups
	1/3 cup	pineapple tidbits	3/4 cup
	3 tablespoons	chopped onion	3/4 cup
	1-1/2 tablespoons	sweet mixed pickles	1/3 cup
	125 grams	shelled, cleaned, sliced cooked shrimp	1/2 kilo
	3/4 cup	chopped cabbage	3 cups
	3/4 cup	shredded carrots	2-1/4 cups
	3/4 teaspoon	salt	1 tablespoon
Blend:	2 tablespoons	condensed milk	1/2 cup
	1 teaspoon	calamansi juice	1-1/2 tablespoons
	1-1/2 teaspoons	vinegar	1-1/2 tablespoons

Add to WURLD wheat mixture and toss lightly.

FILIPINO WURLD WHEAT STRING BEAN SALAD

	6 servings	*Ingredients*	*25 servings*
Blend:	1-1/2 cups	*cooked and cooled WURLD wheat	6 cups
	1-1/2 cups	cooked string beans	6 cups
	1-1/2 cups	diced tomatoes	6 cups
	1/3 cup	chopped onion	1-1/3 cups
	1/3 cup	vinegar	1-1/3 cups
	1-1/2 tablespoons	sugar	1/3 cup
	3/4 teaspoon	salt	1 tablespoon

Garnish with 2 hard-cooked eggs, chopped or sliced.

*Cooked and cooled bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

GREEK WURLD WHEAT STUFFED TOMATO SALAD

	6 servings	*Ingredients*	*25 servings*
Wash:	6	medium size tomatoes	25

Cut off a thin slice opposite stem end. Scoop out centers, dice and save for stuffing.

Mix:	3 cups	*cooked WURLD wheat	3 quarts
	6	chopped stuffed olives	25
	1/4 cup	chopped anchovy fillets	1 cup
	1/4 cup	minced parsley	1 cup
	1/2 teaspoon	salt	2 teaspoon
	1/8 teaspoon	pepper	1/2 teaspoon
		diced tomato pulp	
	3 tablespoons	oil	3/4 cup
	3 tablespoons	vinegar	3/4 cup

Stuff the tomatoes with above mix. Garnish tops with sprig of parsley. Serve on bed of shredded lettuce.

HOT WURLD WHEAT SALAD WITH WIENERS

	6 servings	*Ingredients*	*25 servings*
Sauté until lightly browned and crisp:	6 slices	bacon, diced	25 slices
Add:	2-1/2 cups	*cooked hot WURLD wheat	2-1/2 quarts
	1/3 cup	diced green bell pepper	1-1/3 cups
	1 cup	thinly sliced celery	1 quart
	1 tablespoon	minced or grated onion	1/4 cup
	1/3 cup	chopped sweet pickle	1-1/3 cups
Moisten with:		French dressing	

Mix well. Serve with wieners or hamburgers.

*Cooked hot bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT CARROT-PINEAPPLE SALAD

	6 servings	*Ingredients*	*25 servings*
Blend:	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	2 tablespoons	pineapple juice	1/2 cup
Chill.			
Add:	1-1/2 cups	shredded carrots	1-1/2 quarts
	1/2 cup	drained crushed pineapple	2 cups
	1/2 cup	mayonnaise	2 cups
	1/2 teaspoon	salt	2 teaspoons

Mix well. Chill. Serve in lettuce cups.

Variation

WURLD WHEAT CARROT-RAISIN SALAD

Substitute 2 tablespoons French dressing for the pineapple juice and 1/2 cup raisins for the crushed pineapple in above recipe for six servings, 1/2 cup French dressing, 2 cups raisins for 25 servings.

WURLD WHEAT CHEF'S SALAD

	6 servings	*Ingredients*	*25 servings*
Blend:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1/3 cup	French dressing	1-1/3 cups
	3 tablespoons	chopped sweet pickle	3/4 cup
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
Chill.			
Add:	1/3 cup	chopped green bell pepper	1-1/3 cups
	1 cup	thinly sliced celery	1 quart
	1 to 2 teaspoons	minced onion	1 to 3 tablespoons

Mix well. Serve on bed of salad greens which have been tossed with French dressing. Top with thin strips of cold boiled ham or tongue, cold chicken or turkey, and Swiss or American cheese.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT COLE SLAW

	6 servings	*Ingredients*	*25 servings*
Blend:	2 tablespoons	vinegar	1/2 cup
	1/2 cup	mayonnaise	2 cups
	1-1/2 tablespoons	grated onion	1/3 cup
	3/4 teaspoon	celery seed	1 tablespoon
	2-1/4 teaspoon	sugar	3 tablespoons
	3/4 teaspoon	salt	1 tablespoon
	1/8 teaspoon	white pepper	1/2 teaspoon
	2 cups	finely shredded cabbage	2 quarts
	1-1/2 cups	*chilled cooked WURLD wheat	1-1/2 quarts

Serve in lettuce cups and garnish with tomato wedges.

WURLD WHEAT DUTCH CUCUMBER SALAD

	6 servings	*Ingredients*	*25 servings*
Combine in salad bowl:	2 cups	*chilled cooked WURLD wheat	2 quarts
	1-1/2 cups	diced cucumbers	1-1/2 quarts
	1/4 cup	sliced green onions	1 cup
	2/3 cup	thinly sliced radishes	2-2/3 cups
Blend:	1 cup	sour cream	1 quart
	1 tablespoon	tarragon vinegar (or lemon juice)	1/4 cup
	1 teaspoon	salt	4 teaspoons
	1/8 teaspoon	white pepper	1/2 teaspoon
	1 teaspoon	sugar	4 teaspoons

Toss with the WURLD wheat mixture and top with a dash of paprika.

*Chilled cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT SALAD

	6 servings	*Ingredients*	*25 servings*
Blend:	2 cups	*cooked WURLD wheat	2 quarts
	3 tablespoons	French dressing	3/4 cup
	3 tablespoons	chopped sweet pickle	3/4 cup
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
Chill.			
Add:	1-1/2 cups	thinly sliced celery	1-1/2 quarts
	1/4 cup	chopped green bell pepper	1 cup
	2	chopped hard-cooked eggs	8
	1 to 2 teaspoons	minced onion	1 to 3 tablespoons
	2/3 cup	mayonnaise	2-2/3 cups

Mix well. Serve on bed of lettuce and garnish with tomato wedges. For a hearty main course salad, add a can of tuna fish or some diced, cooked meat or poultry.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT TOSSED SALAD WITH CELEBRITY SALAD DRESSING

	6 servings	*Ingredients*	*25 servings*
Combine in salad bowl:	2-1/2 cups	*chilled cooked WURLD wheat	2-1/2 quarts
	1 to 2	heads lettuce, coarsely broken	4 to 6
	3	large tomatoes, diced	12
	1	avocado, sliced	4
	1 cup	thinly sliced radishes	1 quart

Drizzle with Celebrity Salad Dressing, page 96 and toss until ingredients are well coated.

*Chilled cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT TUNA SALAD

	6 servings	*Ingredients*	*25 servings*
Blend:	2-1/4 cups	*cooked and chilled WURLD wheat	2-1/4 quarts
	1-1/2 tablespoons	French dressing	1/3 cup
	1-1/2 tablespoons	chopped sweet pickle	1/3 cup
	1/4 teaspoon	salt	1 teaspoon
	1/8 teaspoon	pepper	1/2 teaspoon
Cover and let stand 1 to 2 hours to marinate.			
Add:	3/4 cup	thinly sliced celery	3 cups
	2 tablespoons	diced green bell pepper	1/2 cup
	1	hard-cooked egg, diced	4
	1-1/2 teaspoons	minced onion	2 tablespoons
	1/2 can (6-1/2 ounces)	tuna fish	2 cans (6-1/2 ounces each)
	1/3 cup	mayonnaise	1-1/3 cups
Mix well.			

*Cooked and chilled bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT BAKED FOODS

BAKING POWDER WURLD WHEAT SHORTCAKE

	6 servings	*Ingredients*	*25 servings*
Combine:	1 cup	water	1 quart
	1/3 cup	*WURLD wheat	1-1/8 cups

Cover tightly. Bring to simmer. Simmer for about 15 minutes or until most of water has been absorbed. Do not boil.

Sift together:	2 cups	sifted flour	2 quarts
	3-1/2 teaspoons	baking powder	4-1/2 tablespoons
	3/4 teaspoon	salt	1 tablespoon
	1/3 cup	sugar	1-1/3 cups
Add:	1/3 cup	shortening	1-1/3 cups

Cut in with pastry blender until shortening is finely distributed.

Stir in:		cooked WURLD wheat	
	3/4 cup	milk	3 cups

Pat into greased (8-in.) cake pan for 6 servings; 4 (8-in.) pans for 25 servings. Brush surface lightly with milk and sprinkle with sugar. Bake in hot oven, 400°F., about 30 minutes. Top with whipped cream or non-dairy topping and fruit.

BANANA WURLD WHEAT CAKE -- 10 to 12 Servings

Combine: *1/3 cup WURLD wheat
1-1/4 cups water

Cover and bring to simmer. Simmer about 15 minutes or until most of water has been absorbed.

Sift together: 2 cups sifted all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt

Cream until light and fluffy: 1/2 cup butter
1 cup sugar

Add: 2 eggs

Beat until thick and creamy.

Blend: cooked WURLD wheat
1 teaspoon vanilla
3/4 cup mashed banana
1 teaspoon lemon juice
1/4 cup milk

Add alternately with dry ingredients to creamed mixture. Blend well after each addition. Turn into greased 1-1/2 quart loaf pan. Bake in moderate oven, 350°F., about 1-1/4 hours.

*Bulgur may be substituted for the WURLD wheat.

WHITE BREAD WITH WURLD WHEAT

	2 (1-pound) loaves	*Ingredients*	*6 (1-1/4 to 1-1/2 pound) loaves*
Combine:	1 cup	water	3-1/3 cups
	1/3 cup	*WURLD wheat	1-1/2 cups
	1/8 teaspoon	salt	3/4 teaspoon

Cover and bring to simmer. Simmer about 15 minutes or until most of water is absorbed. Do not boil. Cool to lukewarm.

Scald:	3/4 cup	milk	3 cups

Cool to lukewarm.

Blend:	1 package (1/4 ounce)	activated dry yeast	3 tablespoons
	1/2 cup	lukewarm water	1-1/2 cups

Stir in lukewarm milk.

Sift together:	4-1/4 cups	all-purpose flour	4 quarts and 2-1/2 cups (18-1/2 cups)
	2 teaspoons	salt	2 tablespoons
	3 tablespoons	sugar	2/3 cup
Reserve:	1/4 cup	flour mixture	1 cup

Add remainder to yeast mixture with the cooked WURLD wheat.

Add:	3 tablespoons	shortening or oil	2/3 cup

Mix thoroughly, then knead until smooth. At this point, dough should be elastic in texture and satiny in appearance. Form dough into ball; place in warm greased bowl; brush surface lightly with oil to prevent crust formation; cover, and let rise in warm place (80° to 85°F.) until doubled in bulk (1-1/2 to 2 hours). At this point, dough will retain impression when pressed with finger. Punch down. Turn out on board which has been floured with remaining flour.

Cut into:	2	equal portions	6

Mold each into ball; cover and let rest for 15 minutes. Shape into loaves; place in lightly greased loaf pans (3" x 9" x 2"). Cover and let rise in warm place (80° to 85°F.) until doubled in volume (1 to 1-1/2 hours). Bake in hot oven, 400°F., 35 to 40 minutes. If oven is not available, shape dough into rolls and steam 55 to 60 minutes.

Variation

CHINESE MANTOU WITH WURLD WHEAT

Prepare dough as for White Bread with WURLD Wheat (above). Mold as directed, into small balls 2 to 3 inches in diameter after first rising and let rise again. If desired, stuff the mantou with Mantou Stuffing, page 59, or a slice of canned luncheon meat or any stuffing of your choice. Let rise until double in volume, then steam, as directed above.

*Bulgur may be substituted for the WURLD wheat.

WURLD WHEAT BAKING POWDER BISCUITS

	6 servings	*Ingredients*	*25 servings*
Combine:	1 cup	water	1 quart
	1/3 cup	*WURLD wheat	1-1/3 cups

Cover and bring to simmer. Simmer about 20 minutes or until most of water is absorbed. Do not boil.

Sift together:	2 cups	sifted flour	2 quarts
	3-1/2 teaspoon	baking powder	3-1/2 tablespoons
	1 teaspoon	salt	4 teaspoons
Add:	1/4 cup	shortening	1 cup

Cut in with pastry blender until shortening is finely distributed.

Stir in:	3/4 cup	milk	3 cups
	3/4	cooked WURLD wheat (above)	3 cups

Turn out on lightly floured paper. Knead about 10 times. Pat or roll out about 1/2-inch thick. Cut with floured biscuit cutter or knife into 2-inch squares. Bake on greased baking sheet in preheated oven, ., until biscuits are lightly browned, 25 to 30 minutes. Makes 12 (2-inch) biscuits for 6 servings; 50 for 25 servings.

WURLD WHEAT MUFFINS

	6 servings	*Ingredients*	*25 servings*
Combine:	1/3 cup	*WURLD wheat	1-1/3 cups
	1 cup	water	1 quart

Cover and bring to simmer. Simmer about 15 minutes or until most of water has been absorbed. Do not boil.

Sift together:	1 cup	sifted flour	1 quart
	3 teaspoons	baking flour	4 tablespoons
	1/3 cup	sugar	1-1/3 cups
	1/2 teaspoon	salt	2 teaspoons
Combine:	1	egg, slightly beaten	4
	1/2 cup	milk	2 cups
		cooked WURLD wheat (above)	
	1/4 cup	melted shortening	1 cup

Stir into dry ingredients just enough to blend. Do not overstir. Batter looks rough. Drop into well greased (2-1/4-in.) muffin tins. Sprinkle tops with mixture of 2 tablespoons sugar and 1/4 teaspoon cinnamon. Bake in hot oven, 400°F., 20 to 25 minutes. Makes 12 medium size muffins for 6 servings, 50 medium size muffins for 25 servings.

*1/4 cup bulgur may be substituted for the 1/3 cup WURLD wheat.

Variations

1. BLUEBERRY WURLD WHEAT MUFFINS

Add 1/2 cup fresh or canned (drained) blueberries with the liquid ingredients for 6 servings; 2 cups for 25 servings.

2. DATE-NUT WURLD WHEAT MUFFINS

Add 1/4 cup chopped dates and 2 tablespoons finely chopped nuts to dry mixture for 6 servings; 1 cup chopped dates and 1/2 cup chopped nuts for 25 servings.

3. NUTTY WURLD WHEAT MUFFINS

Prepare mixture of 2 tablespoons sugar, pinch of cinnamon and 2 tablespoons finely chopped nuts for 6 servings; 1/2 cup sugar, 1/4 teaspoon cinnamon, 1/2 cup chopped nuts for 25 servings. Sprinkle atop batter in each pan before baking.

4. RAISIN WURLD WHEAT MUFFINS

Add 1/4 cup raisins to dry mixture for 6 servings; 1 cup for 25 servings.

5. SPICY APPLE WURLD WHEAT MUFFINS

Sift 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg with the dry ingredients for 6 servings; 2 teaspoons cinnamon and 1 teaspoon nutmeg for 25 servings. Add 1/3 cup finely diced apple (peeled and cored) with the liquid ingredients for 6 servings; 1-1/3 cups for 25 servings.

DESSERTS

BAKED BANANA WURLD WHEAT CUSTARD

	6 servings	*Ingredients*	*25 servings*
Blend in baking dish:	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	1/2 cup	mashed banana	2 cups
	1 tablespoon	lemon juice	1/4 cup
	1 teaspoon	grated lemon rind	4 teaspoons
	1 teaspoon	vanilla	4 teaspoons
	1/3 cup	sugar	1-1/3 cups
	1/8 teaspoon	salt	1/2 teaspoon
	2 cups	milk	2 quarts
	2	eggs, slightly beaten	8
	1 tablespoon	melted butter	1/4 cup
Sprinkle lightly with:		cinnamon	

Bake in moderate oven 40 to 45 minutes or until set.

BUTTERSCOTCH WURLD WHEAT BAVARIAN

	6 servings	*Ingredients*	*25 servings*
Blend in saucepan:	1 package (1 tablespoon)	gelatin	4 packages (4 tablespoons)
	1/4 cup	water	1 cup
Stir in:	2/3 cup	brown sugar	2-2/3 cups
	1-1/2 cups	evaporated milk	1-1/2 quarts
	1/4 teaspoon	salt	1 teaspoon

Cook over low heat (stir constantly) until gelatin and sugar dissolve. Do not boil.

Remove from heat and blend in:	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	1 teaspoon	vanilla	4 teaspoons

Chill until thick but not firm.

Fold in:	1/2 cup	heavy cream, whipped	1 pint

Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if you wish, with whipped cream or non-dairy topping and pecan halves.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

CHERRY COBBLER WITH WURLD WHEAT SHORTCAKE

	6 servings	*Ingredients*	*25 servings*
Drain juice from:	1 can (1 pound)	sour red pitted cherries	4 cans (1 pound each)

Add enough water to juice to make 1 cup.

Blend in saucepan:	2 tablespoons	corn starch	1/2 cup
	1 cup	sugar	1 quart

Stir in juice mixture. Cook over moderate heat (stir constantly) until mixture thickens and comes to a boil.

Stir in:		drained cherries	
	2 teaspoons	lemon juice	8 teaspoons

If a brighter red color is desired, stir in a little red food coloring. Pour into a 9-inch cake pan or pie dish. Prepare 1 recipe of *WURLD wheat Shortcake, page 77. Drop by tablespoons on top of cherry mixture. Bake in preheated oven, 400°F., about 30 minutes.

Variations

1. Apricot Cobbler with WURLD Wheat Shortcake
2. Blueberry Cobbler with WURLD Wheat Shortcake
3. Boysenberry Cobbler with WURLD Wheat Shortcake
4. Pineapple Cobbler with WURLD Wheat Shortcake
5. Peach Cobbler with WURLD Wheat Shortcake

Substitute equal quantities of fruit liquid and drained fruit for the cherry liquid and drained cherries in above recipe. If fruit is packed in sweetened syrup, reduce sugar to 1/2 cup for 6 servings and 2 cups for 25 servings.

*Bulgur may be substituted for the WURLD wheat.

CHOCOLATE WURLD WHEAT BAVARIAN

	6 servings	*Ingredients*	*25 servings*
Blend in saucepan:	1 package (1 tablespoon)	gelatin	4 packages (4 tablespoons)
	2 tablespoons	water	1/2 cup
Blend:	2-1/2 tablespoons	cocoa	2/3 cup
	3/4 cup	sugar	3 cups

Add to gelatin mixture.

Stir in:	1-1/2 cups	milk	1-1/2 quarts

Heat until gelatin and sugar dissolve. Stir frequently. Do not boil.

Remove from heat and add:	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	1 teaspoon	vanilla	4 teaspoons

Chill until thick but not firm.

Fold in:	1/2 cup	heavy cream, whipped	1 pint

Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if you wish, with whipped cream or non-dairy topping and a few candied cherries.

FILIPINO WURLD WHEAT BANANA-COCONUT PUDDING

	6 servings	*Ingredients*	*25 servings*
Blend:	1-1/2 cups	*cooked or soaked WURLD wheat	1-1/2 quarts
	1 cup	**coconut milk	1 quart
	1/4 cup	shredded coconut	1 cup
	1/8 teaspoon	salt	1/2 teaspoon
	1/3 cup	sugar	1-1/3 cups
	1 tablespoon	butter oil	1/4 cup
	1	egg, well beaten	4
	3/4 cup	mashed banana	3 cups
	1-1/2 teaspoons	calamansi juice	2 tablespoons
	1/4 teaspoon	grated calamansi rind	1 teaspoon
	1/2 teaspoon	vanilla	2 teaspoons

Pour into shallow baking pan. Cover and bake in moderate oven, 350°F., 30 minutes; stir, then continue to bake for an additional 30 minutes. If oven is not available, the pudding may be steamed or cooked in double boiler on top of the stove for 3 hours.

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*Cooked or soaked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

**See footnote, page 11.

FILIPINO WURLD WHEAT CHOCOLATE CHAMPURADO

	6 servings	*Ingredients*	*25 servings*
Combine:	2/3 cup	*WURLD wheat	2-1/4 cups
	1-1/3 cups	water	5 cups
Cover, bring to a boil, simmer for 25 minutes.			
Blend:	1/4 cup	non-fat dry milk	1 cup
	1/4 cup	cocoa	1 cup
	1/2 cup	sugar	2 cups
Stir in:	1 cup	**water	3-1/2 cups
Stir into the cooked WURLD wheat; simmer for 15 minutes, stirring frequently.			
Stir in:	2 tablespoons	butter oil (optional)	1/2 cup
Serve warm.			

FILIPINO WURLD WHEAT GINATAN WITH MONGO

	6 servings	*Ingredients*	*25 servings*
Toast:	1-1/2 tablespoons	mongo beans	6 tablespoons
Crush to remove skins.			
Combine:	3 cups	***thin coconut milk	3 quarts
	1/2 cup	*WURLD wheat	2 cups
		mongo beans	
Cover and bring to a simmer 30 to 40 minutes, stirring occasionally.			
Add:	1/8 teaspoon	salt	1/2 teaspoon
	1/2 cup	sugar	2 cups
	1 cup	nangka meat	1 quart
Mix well.			
Top each serving with ***thick coconut milk.			

*Bulgur may be substituted for the WURLD wheat.

**If a thinner champurado is desired, increase water for desired consistency.

***See footnote bottom of page 11.

NUTTY APPLE AND WURLD WHEAT BETTY

	6 servings	*Ingredients*	*25 servings*
Blend in shallow baking or pie dish:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	3 tablespoons	peanut butter	3/4 cup
	1-1/2 tablespoons	sugar	1/3 cup
	1/4 teaspoon	cinnamon	1 teaspoon
Blend:	1/2 teaspoon	vanilla	2 teaspoons
	1 can (1 pound)	**sweetened and thickened apple pie filling	4 cans (1 pound each)
	1 teaspoon	lemon juice	4 teaspoons
	1/4 teaspoon	cinnamon	1 teaspoon
	pinch	nutmeg	1/4 teaspoon

Layer apple mixture on WURLD wheat mixture. Bake in moderate oven, 350°F., 20 to 25 minutes.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

**If unsweetened pie-sliced apples are used, add 1/4 cup brown sugar firmly packed, 1/2 cup granulated sugar, and 2 tablespoons flour to the apple mixture. Increase cinnamon to 1/2 teaspoon for 6 servings, 1 cup brown sugar firmly packed, 2 cups granulated sugar, 1/2 cup flour, 2 teaspoons cinnamon for 25 servings.

OLD-FASHIONED WURLD WHEAT RAISIN PUDDING

	6 servings	*Ingredients*	*25 servings*
Combine in baking dish:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1-1/2 cups	evaporated milk	1-1/2 quarts
	1-1/2 cups	water	1-1/2 quarts
	1/3 cup	sugar	1-1/3 cups
	1/2 teaspoon	salt	2 teaspoons
	1/4 teaspoon	mace	1 teaspoon
	1/2 cup	seedless raisins	2 cups

Cover and bake in moderate oven, 325°F., 45 minutes. Remove cover, stir, and continue baking uncovered about 45 minutes or until browned.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

ORIENTAL CHOCOLATE WURLD WHEAT CONGEE

	6 servings	*Ingredients*	*25 servings*
Combine:	2/3 cup	*WURLD wheat	2-2/3 cups
	1-1/3 cups	water	5-1/2 cups

Cover and bring to boil; reduce heat and simmer for 25 minutes.

Blend:	1/4 cup	non-fat dry milk	1 cup
	2 tablespoons	cocoa	1/2 cup
	1/2 cup	sugar	2 cups
Stir in:	1-1/2 cups	water	1-1/2 quarts

Stir cocoa mixture into the cooked bulgur. Continue to simmer for 15 minutes; stir frequently.

*Bulgur may be substituted for the WURLD wheat.

Variation

ALMOND FLAVORED CONGEE

Omit cocoa in above recipe. Reduce water which is added to powdered milk mixture to 1-1/4 cups for 6 servings, 1-1/4 quarts for 25 servings. Add 1/4 teaspoon almond flavoring at end of cooking period for 6 servings, 1 teaspoon for 25 servings.

PEANUT BUTTER AND WURLD WHEAT DESSERT BASE

	6 servings	*Ingredients*	*25 servings*
Blend:	3 cups	*hot cooked WURLD wheat	3 quarts
	3 tablespoons	peanut butter	3/4 cup
	2 tablespoons	sugar	1/2 cup
	1/3 cup	milk	1-1/3 cup
	1/2 teaspoon	vanilla	2 teaspoons

Serve with chocolate, butterscotch or fruit sauce or with topping of fresh, frozen or canned fruit.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

PEANUT BUTTER WURLD WHEAT BAVARIAN

	6 servings	*Ingredients*	*25 servings*
Mix:	1 package (1 tablespoon)	gelatin	4 packages (4 tablespoons)
	1/2 cup	cold water	2 cups
Heat until gelatin dissolves.			
Blend:	3/4 cup	peanut butter	3 cups
	3/4 cup	sugar	3 cups
	2 cups	*hot cooked WURLD wheat	2 quarts
	1 tablespoon	lemon juice	1/4 cup
Stir in:		hot gelatin mixture	
	1 teaspoon	vanilla	4 teaspoons
	2 cups	milk	2 quarts

Chill until thick but not firm. Stir. Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish if you wish, with whipped cream or non-dairy topping and chopped peanuts.

PINEAPPLE WURLD WHEAT BAVARIAN

	6 servings	*Ingredients*	*25 servings*
Blend in saucepan:	1 package (1 tablespoon)	gelatin	4 packages (4 tablespoons)
	1/3 cup	sugar	1-1/3 cups
Stir in:	3/4 cup	pineapple juice	3 cups
	1-1/2 tablespoons	lemon juice	1/3 cup
Cook over low heat until sugar and gelatin dissolve. Do not boil.			
Add:	1/3 cup	drained crushed pineapple	1-1/3 cups
	1-1/2 cups	*cooked WURLD wheat	1-1/2 quarts
	1/4 teaspoon	vanilla	1 teaspoon
Stir in:	1 cup	milk	1 quart
Chill until thick but not firm.			
Fold in:	1/2 cup	heavy cream, whipped	1 pint

Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if you wish, with whipped cream or non-dairy topping and a few mint leaves.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

STEAMED SPICY WURLD WHEAT RAISIN PUDDING

Sift together:	1-3/4 cups sifted flour
	2-1/2 teaspoons baking powder
	1/2 teaspoon salt
	1 teaspoon cinnamon
	1/4 teaspoon nutmeg
Cream until light and fluffy:	1/2 cup butter or shortening
	1-1/4 cups sugar
Add:	2 eggs
Beat until thick and creamy.	
Stir in:	*1-1/2 cups cooked WURLD wheat
	3/4 teaspoon vanilla
	1/2 cup raisins
Add alternately with dry ingredients:	1 cup milk

Blend well after each addition. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. **Steam 2 hours. Serve with warm Nutmeg Sauce, page 99. Makes about 12 servings.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

**See footnote, page 92.

STEAMED WURLD WHEAT CHOCOLATE PUDDING

Sift together:	1-1/4 cups sifted all-purpose flour
	2-1/2 teaspoons baking powder
	1/2 teaspoon salt
	1 teaspoon cinnamon
	1/2 cup cocoa
Cream until light and fluffy:	1/2 cup butter or margarine
	1-1/4 cups sugar
Add:	2 eggs
Beat until thick and creamy.	
Stir in:	*1-1/2 cups cooked WURLD wheat
	1 teaspoon vanilla
Add alternately with dry ingredients:	1 cup milk

Blend well after each addition. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. **Steam-1-1/2 hours. Serve with whipping cream or non-dairy topping, or Hard Sauce, page 98. Makes about 12 servings.

STEAMED WURLD WHEAT FRUIT PUDDING

Sift:	1-1/4 cups sifted all-purpose flour
	2 teaspoons baking powder
	1/2 teaspoon salt
Cream until light and fluffy:	1/2 cup butter or shortening
	1-1/4 cups sugar
Add:	2 eggs
Beat until thick and creamy.	
Stir in:	*1-1/2 cups cooked WURLD wheat
	1 teaspoon vanilla
Grind together:	1/2 cup dried prunes (pitted)
	1/2 cup raisins
	1/4 cup dried apricots
Stir into bulgur mixture.	
Add alternately with dry ingredients:	1 cup milk

Blend well after each addition. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. **Steam 2 hours. Serve with warm lemon sauce or Hard Sauce, page 98. Makes 10-12 servings.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

**See footnote, page 92.

VETEGROT -- NORWEGIAN WURLD WHEAT PUDDING

	6 servings	*Ingredients*	*25 servings*
Combine in top of double boiler:	2-1/2 cups	milk	2-1/2 quarts
	1-1/2 cups	half and half (milk and cream)	1-1/2 quarts
	3/8 teaspoon	salt	1-1/4 teaspoons
	1 cup	*WURLD wheat	2-1/2 cups
Cook over boiling water 1 hour. Stir several times.			
Blend in:	3/4 cup	sugar	3 cups
	1-1/2 teaspoons	vanilla	2 tablespoons
	3/4 cup	currants	3 cups
Beat until thick and lemon-colored:	2	eggs	8
Fold into hot WURLD wheat mixture. Turn into serving dish.			
Sprinkle with mixture of:	3/8 cup	sugar	1-1/2 cups
	3/8 teaspoon	cinnamon	1-1/2 teaspoons
Top with:		chopped toasted almonds	
Dot with:		currant or strawberry jelly	

WURLD WHEAT APRICOT DELIGHT

	6 servings	*Ingredients*	*25 servings*
Mix in saucepan:	1 cup	apricot nectar (or juice)	1 quart
	1-1/2 cups	water	1-1/2 quarts
	1/4 teaspoon	salt	1 teaspoon
	1-1/8 cups	*WURLD wheat	4-1/2 cups
Cover and simmer (do not boil) over low heat until most of juice is absorbed, about 15 minutes. Stir several times during cooking.			
Stir in:	3 tablespoons	sugar	3/4 cup
Cover and let stand in warm place 15 minutes.			
Stir in:	1 tablespoon	lemon juice	1/4 cup
Chill. Top each serving with Eggnog Sauce, page 97 and one-half apricot.			

*Bulgur may be subtituted for WURLD wheat.

WURLD WHEAT CHERRY CUSTARD

	6 servings	*Ingredients*	*25 servings*
Blend in baking or pie dish:	2 cups	*hot cooked WURLD wheat	2 quarts
	2 tablespoons	butter or margarine	1/2 cup
	1/4 cup	brown sugar	1 cup
	1/2 teaspoon	cinnamon	2 teaspoons
Blend in saucepan:	1-1/2 tablespoons	cornstarch	6 tablespoons
	1/4 cup	sugar	1 cup
Stir in:	1 can (1 pound)	juice drained from canned red sour pitted cherries	4 cans (1 pound each)
Cook (stir constantly) until thickened.			
Stir in:	1 tablespoon	lemon juice	1/4 cup
		drained cherries	
Layer on WURLD wheat mixture.			
Blend:	2	eggs, slightly beaten	8
	1 cup	milk	1 quart
	3 tablespoons	sugar	3/4 cup
	1/2 teaspoon	vanilla	2 teaspoons

Pour egg mixture over cherry mixture. Bake in moderate oven, 350°F., for 1 hour, or until custard is set.

Variations

1. WURLD Wheat Apricot Custard
2. WURLD Wheat Blueberry Custard
3. WURLD Wheat Boysenberry Custard
4. WURLD Wheat Pineapple Custard
5. WURLD Wheat Peach Custard

Substitute 1 can (1 pound) of any of these fruits for the 1 can (1 pound) red sour pitted cherries in the above recipe for 6 servings, 4 cans (1 pound each) for 25 servings.

*Hot cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

WURLD WHEAT DARK FRUIT CAKE -- 2-3/4 Pounds

Sift together:	3/4 cup sifted all-purpose flour
	1/4 teaspoon baking soda
	1/2 teaspoon cinnamon
	1/4 teaspoon allspice
	1/8 teaspoon mace
	1/8 teaspoon nutmeg
Add:	1/2 cup seedless raisins
	1/2 cup golden raisins
	1/2 cup currants
	1 cup diced mixed glacé fruit
	1 cup diced glacé citron
	1/2 cup glacé cherries

Mix enough to separate pieces of fruit.

Cream until light and fluffy:	1/4 cup butter
	1/4 cup sugar
Add:	2 egg yolks

Beat until thick and creamy.

Stir in:	1/4 cup cider or brandy
	1/4 cup strawberry preserves
	*1-1/2 cups cooked WURLD wheat

Add flour-fruit mixture and blend thoroughly.

Beat until stiff enough to hold peaks:	2 egg whites (room temperature)

Fold into batter. Fill greased loaf pan or mold about three-fourths full (coffee or shortening cans will do). Cover tightly. **Steam for 3 hours. Cool for 15 minutes, remove from pans, and brush with Brown Sugar Glaze, page 96.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

**Any large covered utensil with tightly fitting cover can be used as a steamer. Place rack in bottom and keep water level at about 1-1/2 inch Keep water boiling gently.

WURLD WHEAT INDIAN PUDDING

	6 servings	*Ingredients*	*25 servings*
Mix in 2-quart casserole:	2-1/2 cups	*cooked WURLD wheat	2-1/2 quarts
	1/2 teaspoon	salt	2 teaspoons
	1/2 teaspoon	cinnamon	2 teaspoons
	1/4 teaspoon	ginger	1 teaspoon
	1/8 teaspoon	cloves	1/2 teaspoon
	1/3 cup	sugar	1-1/3 cups
	1/2 cup	molasses	2 cups
	3 tablespoons	butter or margarine	3/4 cup
	1/2 cup	raisins (optional)	2 cups
	1 large can (13-1/2 ounces)	evaporated milk	4 large cans (13-1/2 ounces each)
	1-1/4 cups	water	1-1/4 quarts

Cover and bake in slow oven, 325°F., 45 minutes. Remove cover and continue baking about 45 minutes. Serve with whipping cream or non-dairy topping or ice cream.

WURLD WHEAT LIGHT FRUIT CAKE -- 3-1/4 Pounds

Combine:
1-1/3 cups sifted all-purpose flour
1-1/3 cups golden raisins
2/3 cup diced glacé citron
1 cup glacé cherries
1 cup slivered blanched almonds

Mix enough to separate pieces of fruit.

Cream until light and fluffy:
3/4 cup butter
3/4 cup sugar

Add:
4 eggs (room temperature)
1/2 teaspoon lemon extract
1/4 teaspoon rum extract
1/2 teaspoon vanilla

Beat until thick and creamy.

Stir in:
*1-1/3 cups cooked WURLD wheat

Add flour-fruit mixture and blend thoroughly. Fill greased loaf pan or mold about three-fourths full (coffee or shortening cans will do). Cover tightly. **Steam for three hours. Cool for 15 minutes, remove from pans and brush with Brown Sugar Glaze, page 96.

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*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.

**See footnote, page 92.

WURLD WHEAT PARFAIT

	6 servings	*Ingredients*	*25 servings*
Mix in saucepan:	2-1/2 cups	water	2-1/2 quarts
	1/2 teaspoon	salt	2 teaspoons
	1-1/8 cups	*WURLD wheat	4-1/2 cups

Cover and cook over low heat until all water is absorbed, 20 to 25 minutes; stir several times during cooking.

Stir in:	1/3 cup	sugar	1-1/3 cups

Cover and continue cooking over low heat 5 minutes. Chill. Layer WURLD wheat alternately with chocolate sauce or crushed pineapple in a parfait glass. Top with whipped cream or non-dairy topping. Garnish with maraschino cherry or sprig of mint.

*Bulgur may be substituted for the WURLD wheat.

WURLD WHEAT PLUM PUDDING -- 2-3/4 Pounds

Sift together:
1-1/3 cups sifted all-purpose flour
3/4 teaspoon baking powder
3/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves

Add:
3/4 cup brown sugar
3/4 cup seedless raisins
3/4 cup currants
3/4 cup diced mixed glacé fruits
2/3 cup chopped apple (peeled and cored)

Mix enough to separate pieces of fruit.

Beat until thick: 5 eggs (room temperature)

Stir in:
1/4 cup cider or brandy
*1-1/3 cups cooked WURLD wheat

Add flour-fruit mixture and blend thoroughly. Fill greased loaf pan or mold about three-fourths full (coffee or shortening cans will do). Cover tightly. **Steam for 3 hours. Serve warm with Hard Sauce, page 98.

*Cooked bulgur may be substituted for the WURLD wheat. Cooking directions, page 1.
**See footnote, page 92.

SAUCES

ALLEMANDE SAUCE

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	butter or margarine	1/2 cup
Blend in:	2 tablespoons	flour	1/2 cup
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
Remove from heat and stir in:	2 cups	milk	2 quarts

Return to moderate heat. Cook (stir constantly) until mixture thickens.

Stir about one-third of the hot sauce into:	2	egg yolks	8

Stir yolk mixture into remaining sauce. Cook (stir constantly) over low heat, for 2 minutes.

AU GRATIN SAUCE

	6 servings	*Ingredients*	*25 servings*
Heat in heavy skillet:	4 tablespoons	butter or margarine	1 cup
	2 tablespoons	chopped onion	1/2 cup
Blend in:	4 tablespoons	flour	1 cup
	1 teaspoon	salt	4 teaspoons
	1/4 teaspoon	pepper	1 teaspoon
	1 teaspoon	dry mustard	4 teaspoons
Remove from heat and stir in:	2 cups	milk	2 quarts
	1 teaspoon	Worcestershire sauce	4 teaspoons

Return to heat and stir constantly until mixture thickens and comes to a boil. Remove from heat.

Stir in:	4 to 6 ounces	grated Cheedar cheese	1 to 1-1/2 pounds

BÉCHAMEL SAUCE

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	chicken fat or butter	1/2 cup
Blend in:	3 tablespoons	flour	3/4 cup
	1 teaspoon	salt	4 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
	1/4 teaspoon	poultry seasoning	1 teaspoon
Remove from heat and stir in:	1-1/2 cups	chicken stock	1-1/2 quarts
	1/2 cup	milk	2 cups

Return to heat and stir constantly until mixture thickens and comes to a boil. Remove from heat.

Stir in:	1 tablespoon	lemon juice	1/4 cup

BROWN SUGAR GLAZE

	6 servings	*Ingredients*	*25 servings*
Bring slowly to boil:	1/3 cup	water	1-1/3 cups
	1/3 cup	light corn syrup	1-1/3 cups
	1/2 cup	brown sugar, firmly packed	2 cups
Boil 2 minutes.			
Stir in:	2 tablespoons	lemon juice	1/2 cup

Brush while warm on fruit cake, Danish pastry or sweet rolls.

CELEBRITY SALAD DRESSING

	6 servings	*Ingredients*	*25 servings*
Blend:	1/4 teaspoon	powdered garlic	1 teaspoon
	3 ounces	bleu cheese	12 ounces
	3/4 cup	commercial mustard-seasoned-boiled sauce	3 cups
	1 bottle (8 ounces)	French dressing	4 bottles (8 ounces each)
	1/2 teaspoon	mixed salad herbs	2 teaspoons
	1/2 teaspoon	pepper	2 teaspoons

CINNAMON SAUCE

	6 servings	*Ingredients*	*25 servings*
Blend in saucepan:	2 teaspoons	corn starch	5 teaspoons
	2/3 cup	sugar	2 cups
	1/8 teaspoon	salt	1/4 teaspoon
Stir in:	1 cup	cold water	3 cups
Cook, stirring constantly until thickened and clear. Remove from heat.			
Stir in:	1 tablespoon	butter oil	3 tablespoons
	1/2 teaspoon	cinnamon	1-1/2 teaspoons

Serve warm.

CREOLE SAUCE

	6 servings	*Ingredients*	*25 servings*
Heat in skillet:	3 tablespoons	butter or margarine	3/4 cup
Add:	1/2 cup	chopped green bell pepper	2 cups
	1/2 cup	chopped onion	2 cups
Sauté until onion is straw color.			
Add:	1 clove	garlic, minced	4 cloves
	3-1/2 cups	tomatoes	3-1/2 quarts
	1 teaspoon	chili powder	4 teaspoons
	1 teaspoon	sugar	4 teaspoons
	1/4	bay leaf	1
	1/8 teaspoon	ground cloves	1/2 teaspoon
	1 teaspoon	salt	4 teaspoons
	1/4 teaspoon	pepper	1 teaspoon

Simmer about 30 minutes.

EGG SAUCE

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	butter or margarine	1/2 cup
Blend in:	2 tablespoons	flour	1/2 cup
	1/2 teaspoon	salt	2 teaspoons
	1/8 teaspoon	pepper	1/2 teaspoon
Remove from heat and stir in:	1 cup	milk	1 quart
Return to moderate heat and cook (stir constantly) until mixture thickens.			
Stir in:	1	hard-cooked egg, chopped	4
	2 teaspoons	minced parsley	3 tablespoons

EGGNOG SAUCE

	6 servings	*Ingredients*	*25 servings*
Beat until thick and lemon colored:	1	egg	4
Add gradually:	1/2 cup	sugar	2 cups
	1 teaspoon	vanilla	4 teaspoons
	2 tablespoons	sherry or rum (optional)	1/2 cup
Fold in:	1/2 cup	heavy cream, whipped	2 cups

FILIPINO CALAMANSI SAUCE

	6 servings	*Ingredients*	*25 servings*
Blend in saucepan:	1 tablespoon	corn starch	1/4 cup
	1/2 cup	sugar	1-1/4 cups
Stir in:	1 cup	cold water	2-1/2 cups
Cook slowly, stirring constantly until thickened and clear.			
Remove from heat and stir in:	1 tablespoon	butter oil	1/4 cup
	1 tablespoon	grated calamansi rind	2-1/2 tablespoons
	3 tablespoons	calamansi juice	1/2 cup
	1/8 teaspoon	salt	1/4 teaspoon
Serve hot or cold.			

FILIPINO TOMATO SAUCE

	6 servings	*Ingredients*	*25 servings*
Heat:	3 tablespoons	butter oil or cooking oil	3/4 cup
Add:	3 segments	garlic, crushed	12 segments
Sauté until lightly browned.			
Add:	3 tablespoons	chopped onion	3/4 cup
Sauté until onion is straw color.			
Add:	1/2 cup	chopped tomato	2 cups
	3 tablespoons	chopped green pepper	3/4 cup
	1/4 teaspoon	salt	1 teaspoon
	1 cup	water	4 cups
Simmer for 5 minutes.			

HARD SAUCE

	6 servings	*Ingredients*	*25 servings*
Cream together:	1/4 cup	butter	1 cup
	1 cup	sifted confectioners sugar	1 quart
Add:	1 teaspoon	boiling water	4 teaspoons
	1 teaspoon	vanilla	4 teaspoons
Beat until very light and fluffy.			

MOCK TARTAR SAUCE

	6 servings	*Ingredients*	*25 servings*
Combine:	1/2 cup	medium white sauce	2 cups
	1/4 cup	mayonnaise	3/4 cup
	1 tablespoon	minced onion	3 tablespoons
	1 tablespoon	minced green pepper	3 tablespoons
	1 tablespoon	minced sweet pickle	3 tablespoons
	2 teaspoons	calamansi juice or vinegar	3 tablespoons
Heat and serve. If preferred, may be served cold.			

NUTMEG SAUCE

	6 servings	*Ingredients*	*25 servings*
Blend in saucepan:	2 teaspoons	cornstarch	3 tablespoons
	2/3 cup	sugar	2-3/4 cups
	1/8 teaspoon	salt	1/2 teaspoon
Stir in:	1 cup	cold water	4 cups
Bring slowly to boil, stirring constantly.			
Remove from heat and stir in:	1 tablespoon	butter	4 tablespoons
	1/2 teaspoon	nutmeg	2 teaspoons

SOUR CREAM SAUCE

	6 servings	*Ingredients*	*25 servings*
Melt in skillet:	2 tablespoons	butter	1/2 cup
	2 tablespoons	flour	1/2 cup
Remove from heat and stir in:	1 cup	meat or chicken stock or canned consommé	1 quart
	1 cup	sour cream	1 quart

Bring to boil (stir constantly). Season to taste with salt, pepper, and if desired, a little Worcestershire sauce and sherry.

TANGY CHEESE SAUCE

	6 servings	*Ingredients*	*25 servings*
Heat:	2 tablespoons	butter or margarine	1/2 cup
Add:	2 tablespoons	chopped onion	1/2 cup
Sauté over moderate heat until onions are straw color.			
Blend in:	3 tablespoons	flour	3/4 cup
	1/2 teaspoon	salt	2 teaspoons
	3/4 teaspoon	seasoned salt	2 tablespoon
	1/8 teaspoon	pepper	1/2 teaspoon
	3/4 teaspoon	powdered dry mustard	2 tablespoon
	1 teaspoon	Worcestershire sauce	4 teaspoons
Remove from heat.			
Slowly stir in:	2 cups	milk	2 quarts
Return to heat and stir constantly until mixture thickens and comes to a boil.			
Remove from heat.			
Stir in:	1 cup (4 ounces)	grated Cheddar cheese	1 pound
	1/2 cup	mayonnaise	2 cups

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